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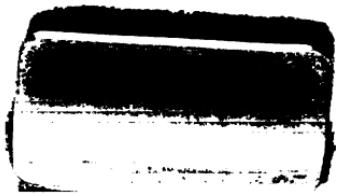
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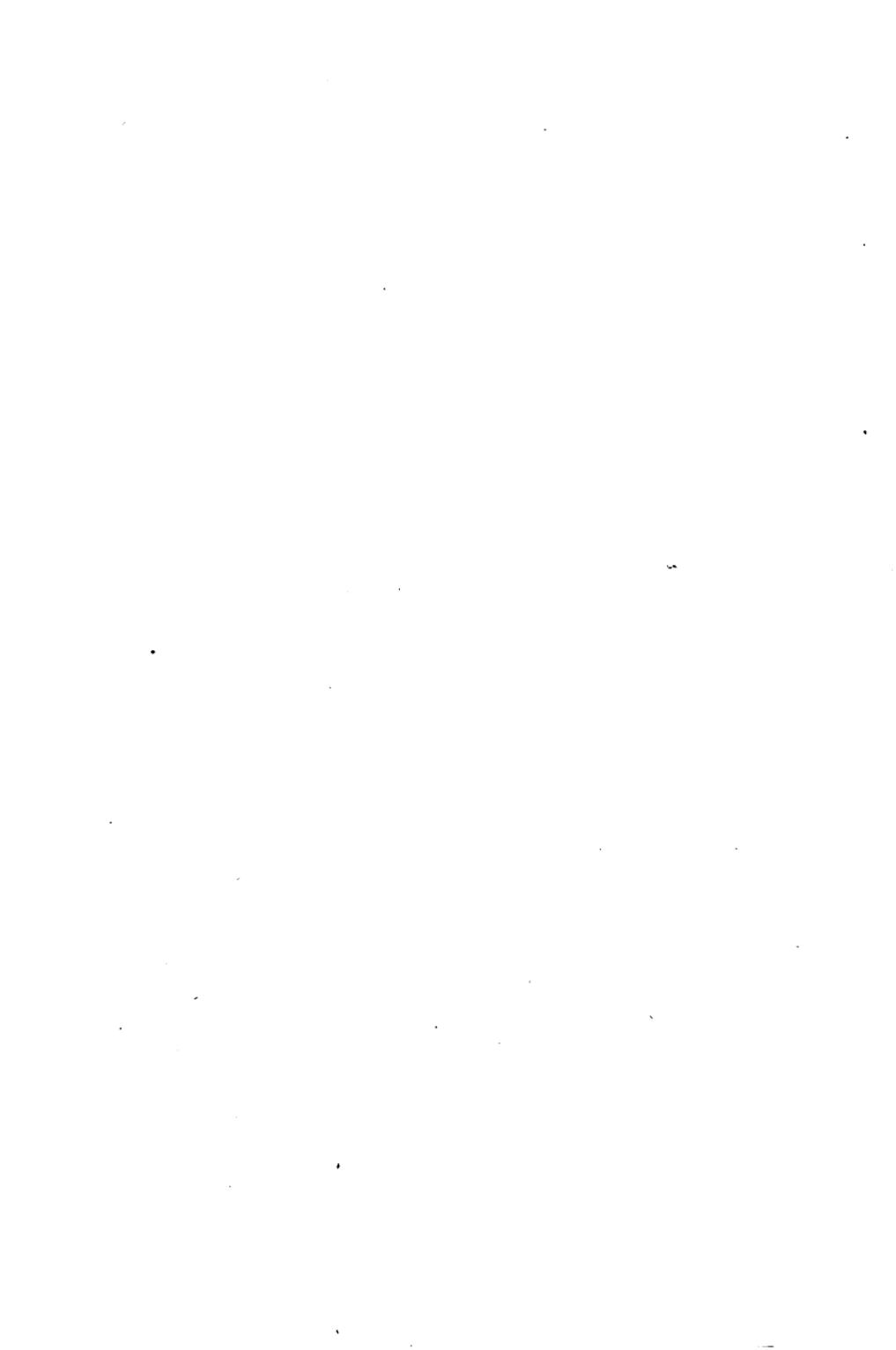
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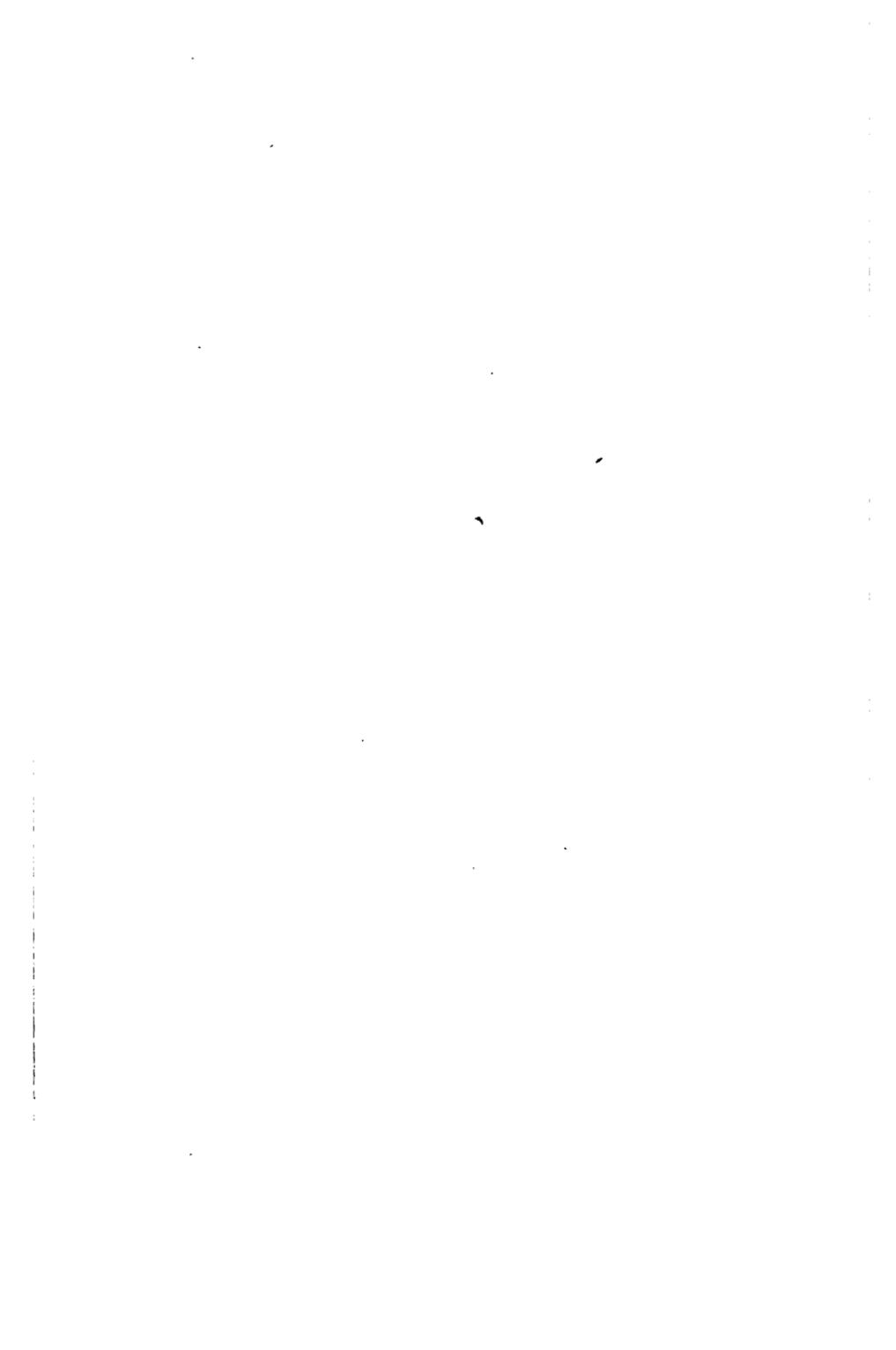
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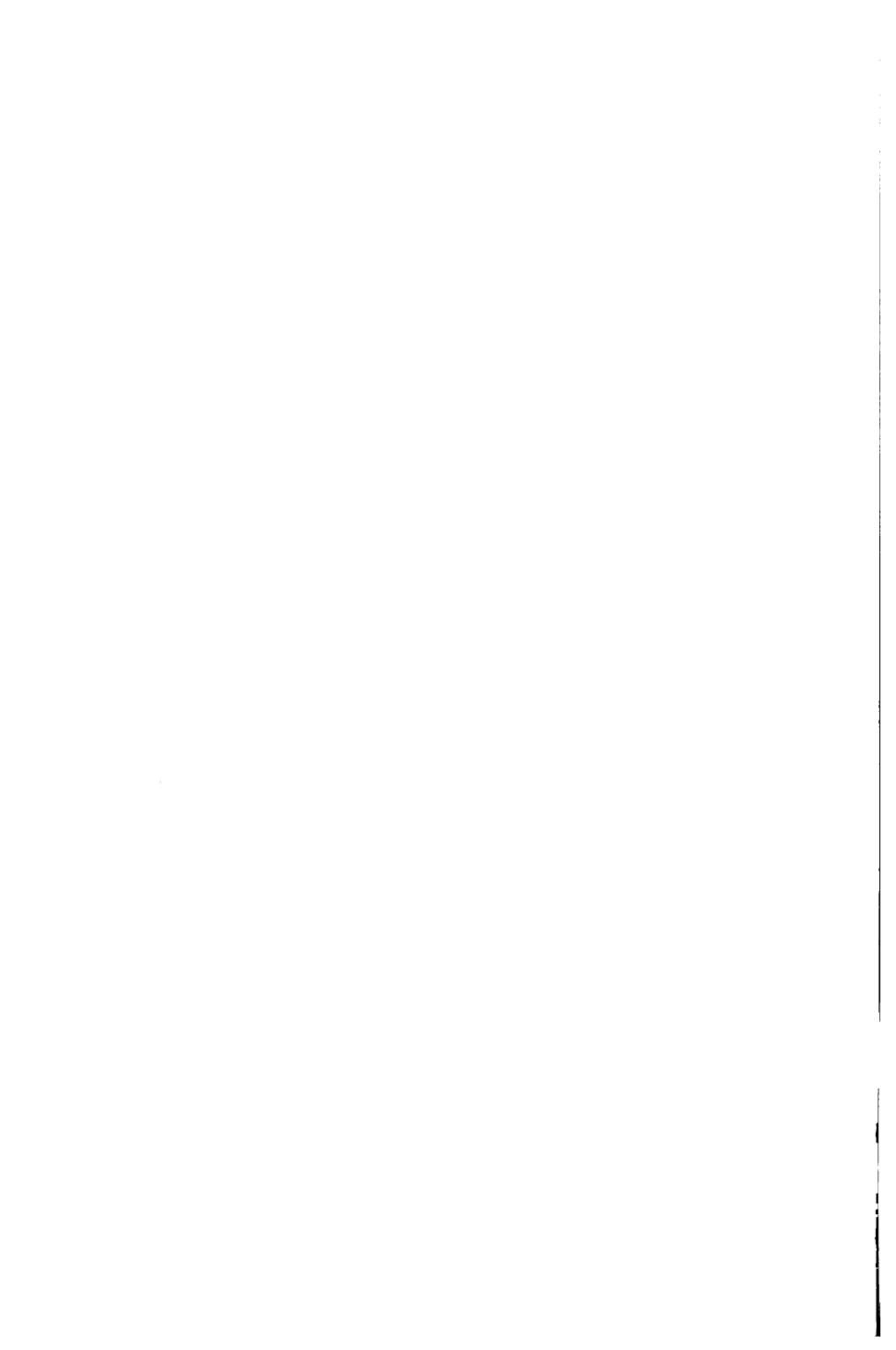












## **GEORGE STARR WHITE, M. D.**

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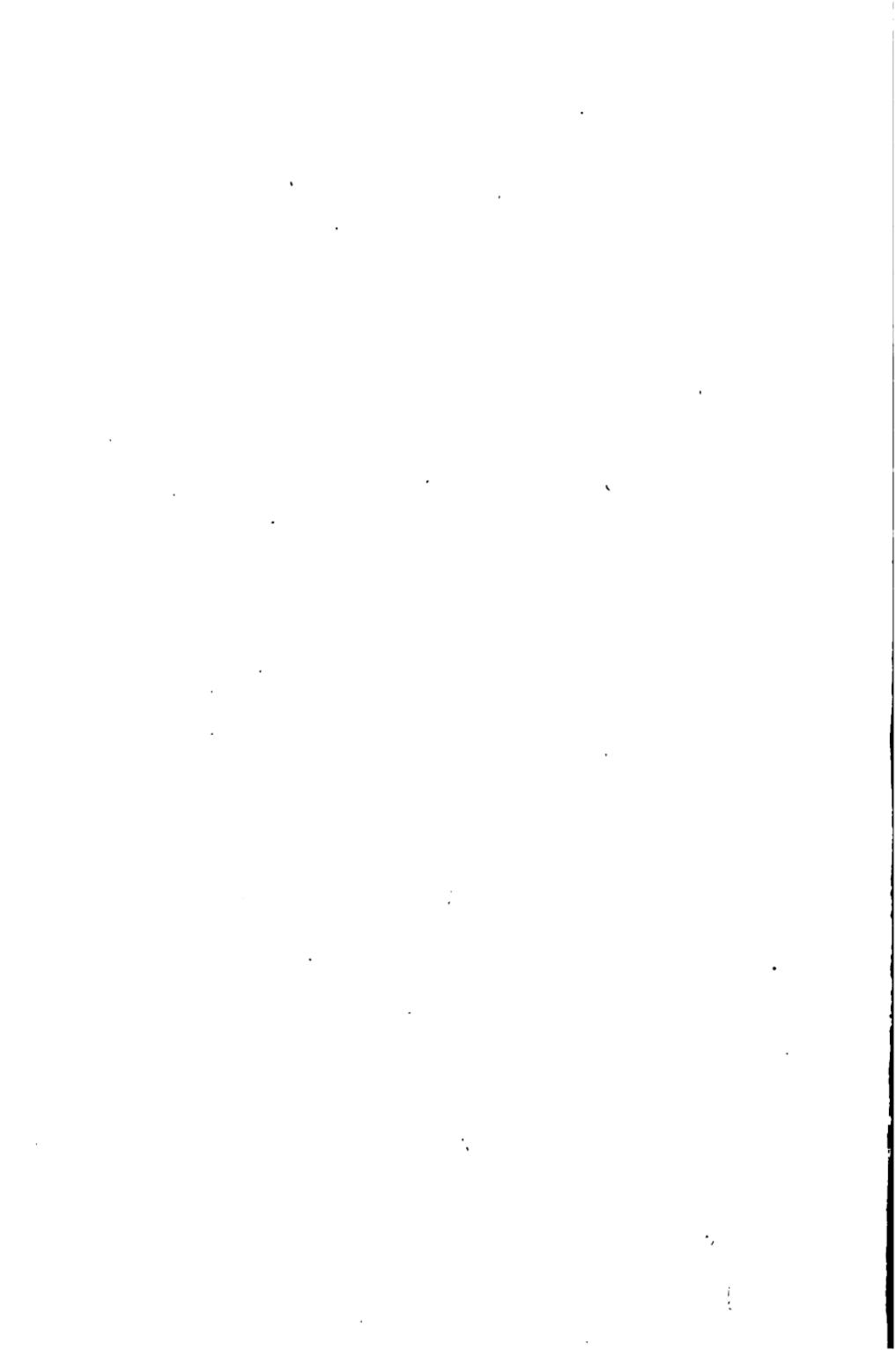
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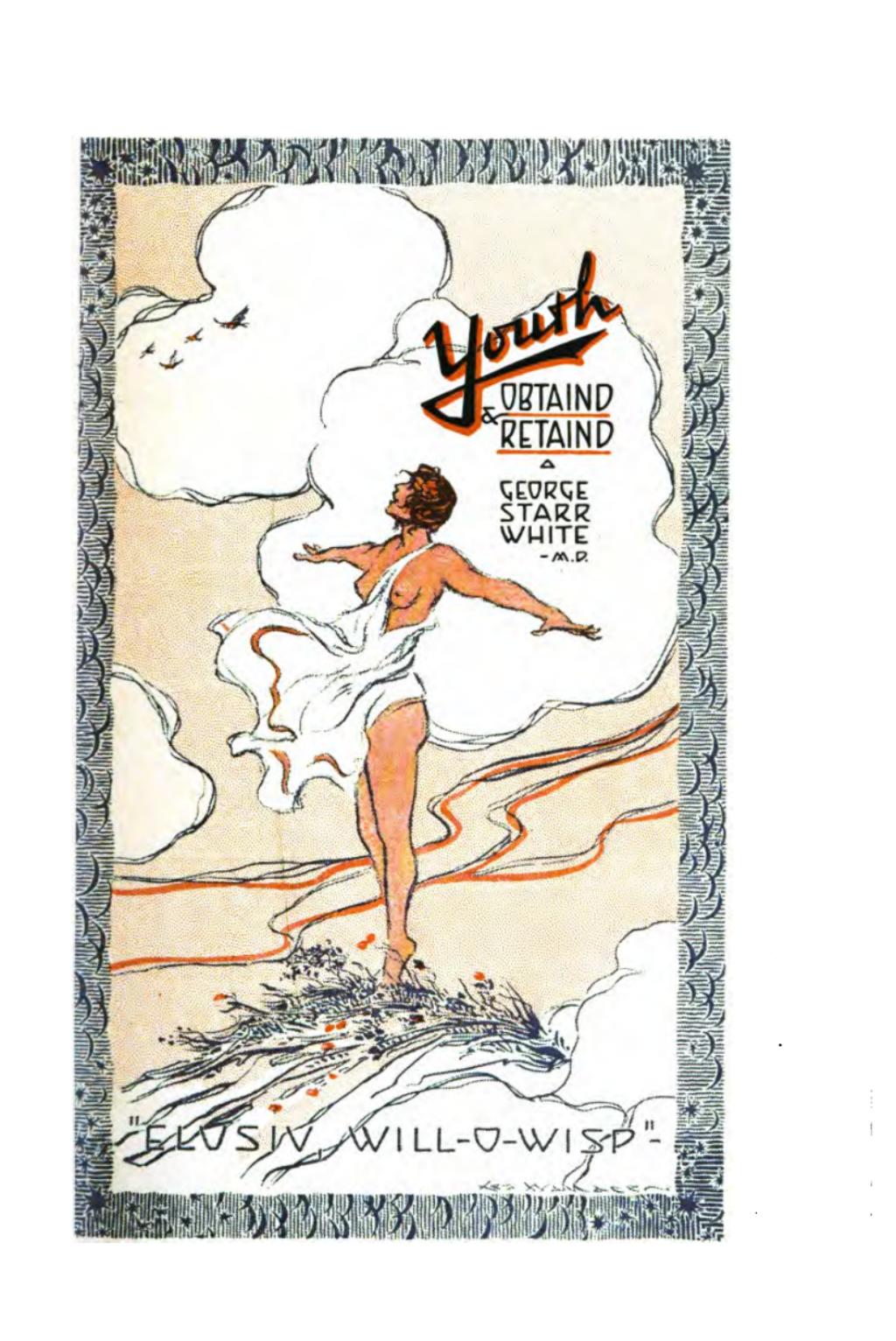
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Geo. Starr White, M.D.







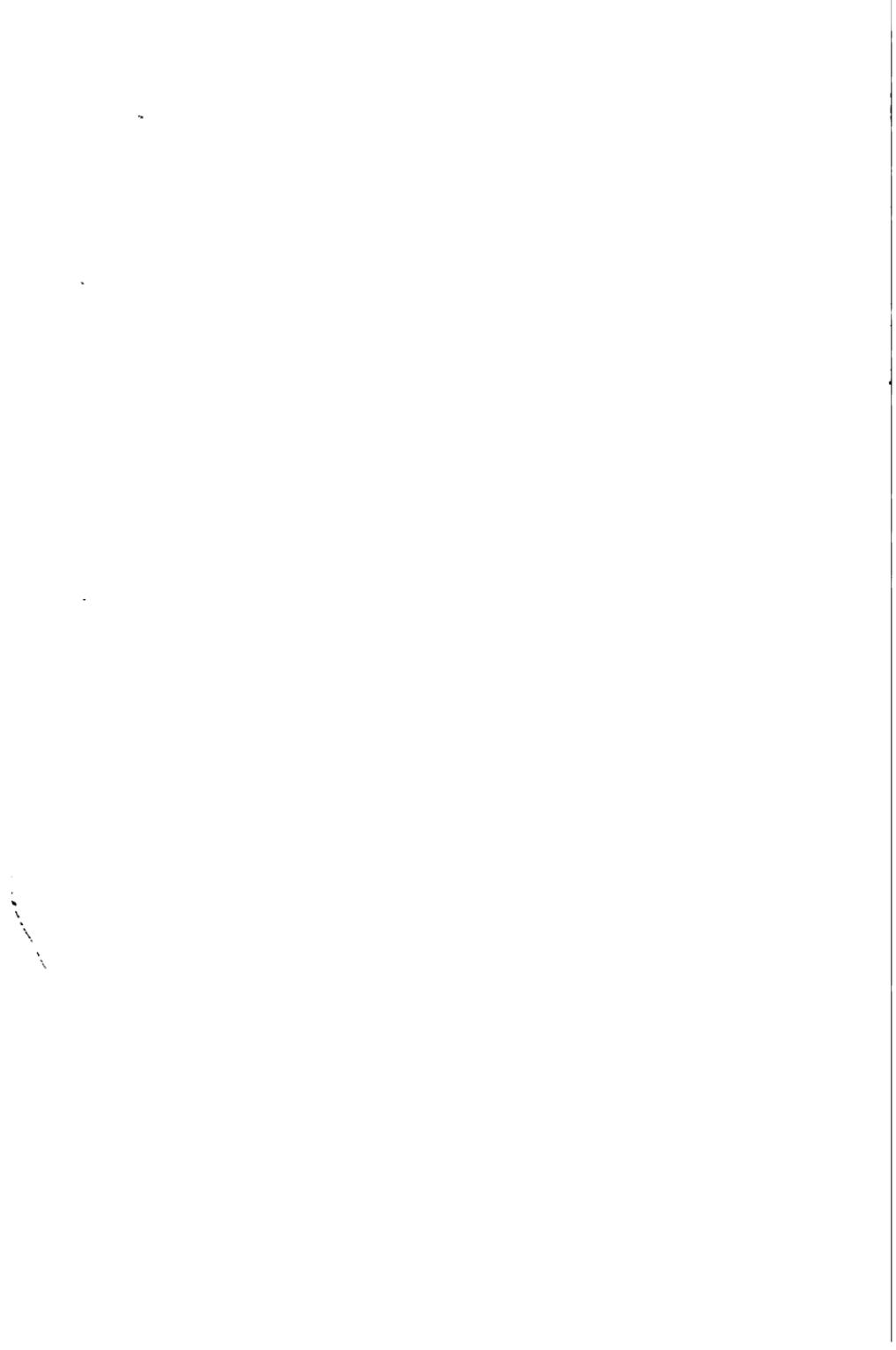


Youth  
& OBTAINED  
RETAINED

GEORGE  
STARR  
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- M.D.

"ELUSIVE WILL-O-WISP"

LEWIS H. HARRIS



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433803

THIS BOOK  
Is Dedicated to those who wish to retain their  
YOUTH  
and to those who find YOUTH slipping  
away but wish to obtain YOUTH  
again in *the natural way.*

## FOREWORD

This book is a general resumé of the advice given to my patients, being modified by the character of their ailments. It is really a condensation of practical advice contain'd in my books, particularly in "*The Natural Way or My Work*," Seventeenth Edition.



Knowledge, given wings,  
carries enlightenment to all mankind



*right*

UNIV. OF  
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Los Angeles is the largest city west of St. Louis. It has a population of about 650,000 and is constantly growing. It is known the world over for its beautiful residences, delightful climate, abundance of flowers and semi-tropical plants. Above all, from the motorist's standpoint, it can boast of having the greatest number of good auto-roads in its environments of any city in the world.

For eastern physicians, the change in coming to this beautiful city is a rare treat; and there is always enough in the city itself, or the surrounding places, to instruct and fascinate one when they are not busy studying.

As a resort for invalids, probably Los Angeles is as good as any other city. The change from the cold eastern winters to the balmy climate of Southern California is in itself a boon to the overtired and health-seeking patient.

These are a few salient facts to be borne in mind when taking a post-graduate course or when referring patients.

Altho most of my life has been spent in the East in or about New York City, yet I have adopted Los Angeles, California, as my home, and in so doing I have followed the example of thousands who came, saw and were conquered.

30 MINU  
ALVARADO



327-333 South Alvarado Street  
Los Angeles, California

## SIMPLIFIED SPELLING

*Simplified spelling means progress.*

The spelling in this book is made to partially conform with the 1920 Dictionary of the Simplified Spelling Board, 1 Madison Ave., New York City, and with the rulings of the American Philological Society.

The Simplified Spelling movement was begun about thirteen years ago.

English spelling abounds in irregularities, inconsistencies, and absurdities. It is so irrational that we are never sure how to spell a new word when we hear it, nor how to pronounce a new word when we read it.

To learn it is a prodigious feat of memory that should not be demanded of children, and that impairs the development of their reasoning powers.

To impart it exhausts the nervous energy of teachers.

Hundreds of millions of hours of school time are wasted every year in far from successful efforts to learn it and to teach it — the cost of which is borne by the taxpayers.

Millions of dollars in time, money and material are wasted yearly in writing, typesetting and printing that might be saved by dropping silent or misleading letters.

The difficulties of English spelling greatly hinder the Americanization of our foreign-born population, and more than anything else prevent the use of English as an international language.

*The Simplified Spelling Board has as its objects:*

(1) To awaken the American public to a realization that reform in spelling is not only necessary but possible.

(2) To point the way in which the simplification of English spelling can be best brought about.

(3) To put itself on record as recognizing that the ultimate goal of the Simplified Spelling movement is, and must truly be, a *phonetic alphabet* with enough letters to represent at least approximately each separate sound heard in the standard English speech.

*Better spelling, better speech.*

TO VITALI  
AVGORILLAS

“PEP”

Vigor, Vitality, Vim and Punch —  
With courage to act on a sudden hunch —  
The nerv to tackl the hardest thing,  
With feet that climb, and hands that cling,  
And a hart that never forgets to sing —  
*That's Pep.*

Sand and grit in a concrete base —  
A friendly smile on an honest face —  
The spirit that helps when another's down,  
That knows how to scatter the blackest frown,  
That loves its neibor and loves its town —  
*That's Pep.*

To say “I wil” —for yu kno yu can —  
To look for the best in every man —  
To meet each thundering nock-out blo,  
And cum back with a laf, becaus yu kno —  
Yu'l get the best of the whole blame sho —  
*That's Pep.*

## WHERE EVERYBODY'S HAPPY

There's a town cald Don't-Yu-Worry,  
On the banks of the River Smile,  
Where the Cheer-Up and Be-Happy  
Blossoms sweetly all the while;  
Where the Never-Grumbl flower  
Blooms beside the fragrant Try,  
And the Ne'er-Giv-Up and Patience  
Point their faces to the sky.

In the valley of Contentment,  
In the province of I-Wil,  
Yu wil find this lovely city  
At the foot of No-Fret hil;  
There ar thorofares deliteful  
In this very charming town,  
And on every hand ar shade trees  
Named the Very-Seldom Frown.

Rustic benches, quite enticing,  
Yu'l find scatterd here and there;  
And to each a vine is clinging  
Cald the Frequent-Ernest-Prayer;  
Everybody there is happy  
And is singing all the while,  
In the town of Don't-Yu-Worry,  
On the banks of the River Smile.

—Anon.

## THE MAN WHO STICKS

The man who sticks has his lesson lernd:  
Success doesn't cum by chance—its ernd  
By pounding away; for good hard nocks  
Wil make stepping stones of the stumbling blocks.

He knows in his hart that he cannot fail;  
That no il fortune can make him quail  
While his wil is strong and his courage high,  
For he's always good for another try.

He doesn't expect by a singl stride  
To jump to the front; he is satisfied  
To do every day his level best,  
And let the future take care of the rest.

He doesn't believe he's held down by the "boss"—  
It's work, and not favor, that "gets across."  
So his motto is this: "What another man  
Has been abl to handl, I surely can."

For the man who sticks has the sense to see  
He can make himself what he wants to be,  
If he'l off with his coat, and pitch right in—  
*Why, the man who sticks can't help but win.*

## THE MAN WHO QUILTS

The man who quits has a brain and hand  
As good as the next; but he lacks the sand  
That would make him stick, with a courage stout,  
To whatever he tackls, and fight it out.

He starts with a rush, and a solem vow  
That he'l soon be showing the others how;  
Then sumthing new strikes his roving eye,  
And his task is left for "the sweet by and by."

It's up to each man what becums of him;  
He must find in himself the grit and vim  
That brings success; he can get the skil  
If he brings to the task a stedfast wil.

No man is beaten til he givs in;  
Hard luck can't stand for a cheerful grin;  
The man who fails needs a better excuse  
Than the quitter's whining, "What's the use?"

For the man who quits lets his chances slip,  
Just becaus he's too lazy to keep his grip.  
The man who sticks goes ahed with a shout,  
While the man who quits joins the "down and out."

## A REASON FOR LIVING

"If I can liv  
To make sum pale face brighter, and giv  
A second luster to sum tear-dim'd eye,  
Or e'en impart  
One throb of comfort to an aking hart,  
Or cheer sum wayward soul in passing by;  
If I can lend  
A strong hand to the fallen, or defend  
The right against a singl envius strain,  
My life tho bare  
Perhaps of much that seemeth dear and fair  
To us on erth, wil not hav been in vain."

## INTRODUCTION

Illness is no longer popular. Peopl ar beginning to realize that proper eating, proper exercizing and plenty of sunlight giv the glo of *youth* that paints, powder and cosmetics can never rival.

I hope the time is not far distant when our magazines wil be fild with artcls regarding *helth* and how to obtain it and how to retain it thru natural methods rather than being fild with artcls regarding diseas, thus creating fear among their readers.

*Fear* is the most dredful of all diseases. It is a wel known fact that if *one* person dies of sum dredful diseas, at least *twenty* die from fear of it.

To teach peopl that they ar born and reard in an atmosfere loaded with diseas-giving micro-organisms that ar liabl to attack them at any time no matter how they livd, creates fear and apprehension, which is one of the first barriers to helth.

Nature never surrounded her children with enemies. It is the persons themselvs that make diseas possibl in their own bodies. We must all realize that the one invalubl principl in Nature is *caus and effect* (Karma), and every child should be taut that as soon as it is taut anything. Such teaching should be enlarged as the child matures and then the adult would kno that if he transgrest Nature's laws, he would hav to pay the penalty.

So-cald "modern sience" appears to be striving to sho that Nature is rong, but Nature is never rong, and *true sience is that which strives to lern where we ar rong rather than where Nature is rong*.

Filling a helthy body with diseasd matter to keep it wel is so far from *the natural way* that it should hav no place in the minds of intelligent beings.

Serums, vaccins, or any form of inoculation can never prevent nor cure diseas. *Hygien and proper living* ar the natural preventativs of diseas. If perchance sum diseasd

organisms ar put into the blood stream of one who is il and the patient recovers from that ilness, an ilness of another kind is sure to follo.

*Commercialism* is back of all propaganda for the spreding of diseas among the peopl and the encouraging of the use of vaccins, serums and deth-producing drugs.

Take all monetary profit out of the manufacture of serums and vaccins and they would soon be lost sight of in the public pres and would not be used.

Exercizes, hygien, diet and right thinking ar Nature's methods of preventing diseas, but if one has erd and becums diseased, the only way back to helth is by *the natural way*—diet, exercize, hygien and right thinking.

The only hygienic method of living is in the open and in the sunlight and it is not Nature's fault if we hav so perverted our method of living as to keep our bodies from that great helth-giving energy — Light.

*Right living and right thinking wil prevent all diseas.*  
*Right living and right thinking ar the antidotes for all diseas.*

A body traind to think rightly and liv rightly is traind to ward off diseas. The sycology of believing that germs caus diseas is entirely inimical to helth. If we wer all taut that it is our *method of living* that makes us sick, we would all be more particular about the way we liv.

If the sanitary engineers believd that mosquitos made the water stagnant rather than that the stagnant water attracted the mosquitos, they would not be draining our miasmatic swamps.

We should all be taut that insted of germs being enemies and causing diseas, they ar frends and scavengers, and ar attracted by diseas.

If we eat, dres, and conduct ourselvs in such a manner as to load our bodies with diseasd material, we should be taut that that material wil injure the body in sum manner, and as the soil is so wil be the attraction for any specific micro-organism.

A pupil of Virchow, the German scientist who is credited with being the father of the germ theory, told me that Virchow, not long before his death, told him that were he to live his life over again, he would devote himself to proving that the germ sought its natural soil in disease rather than that it caused disease.

Little by little sum of our best scientists are beginning to realize that the germ theory is the product of a diseased mind and superstition.

Were the germ theory of disease eradicated from the minds of the people, all the great industries that are making their millions by the manufacture of "anti-germ weapons" would come to naught.

In sum of my larger works I give scores of pages of actual, incontrovertible evidence to prove that vaccines and serums have never prevented nor lessened disease, but on the contrary that in the same ratio as this diseased and filthy matter is injected into the healthy body so is the increase of such diseases as cancer and tuberculosis.

I have also recorded in sum of my works statistics that no one can deny to prove that where vaccination against smallpox is not used at all there is less smallpox than in any place where vaccination is used. *Vaccination is a result of superstition.*

Sanitation is the only factor that has brought down the spread of many of the old time scourges. If sum insane "scientist" had "discovered" a vaccine for sum of these scourges, we would be told in our "orthodox" medical colleges that *they were* the cause of the lessening of such.

The epidemic of the Spanish influenza (flu) has opened the eyes of those who have lived to tell the tale. Among those that were treated along the lines specified in this book less than one-tenth of one per cent. died while *seventeen* per cent. died when treated by "orthodox" methods. It is a pity that a great scourge like this must kill so many thousands of people to make people realize that Nature's

laws are immutabl laws and that there is only one way of preventing and curing diseas—*the natural way.*

---

## DON'T FEAR GERMS

"If I could liv my life over again, I would devote it to proving that germs *seek* their natural habitat — diseasd tissue — rather than being the *caus* of the diseasd tissue; e. g., mosquitos *seek* the stagnant water, but do not *caus* the pool to becum stagnant."

—*Rudolf Virchow* (father of the germ theory).

If the germ theory wer founded on facts, there wòuld be no living being to read what's rit.

Fear is the most dedly of all dis-eases. If a dis-eas kils *one* person, the *Fear* of that dis-eas wil kil *twenty* persons.

# youth

Longfellow says: "In *youth* the hart exults and sings," thus carrying the idea that beyond certain prescribed years the hart does not exult and sing. YOUTH in its broad sense should not refer to years but to a state of being. It really is a matter of one's own selection, if one be born normal, when *youth* shall end and "middl age" begin. Some people can be truly referred to as *youthful* tho they have seen four-score-years-and-ten.

Every normal person really *desires* to remain youthful, but all do not want to pay the price. The price of a prolonged youthfulness is *acts*.

These acts are proper breathing, exercise, hygiene, diet, and the proper manner of *thinking*. Without a proper body one cannot do proper thinking.

The parents are responsible for the child's body before it is able to think. Thus it can be seen how important it is to have the child begun rightly. Unless the child's parents have lived rightly, the child's body has not what is due it from Nature. Hence one's responsibility harks back, that its echo may be correct.

## DEEP BREATHING AND EXERCIZES

The first requisit in all animal life is breathing. A strong adult can liv several days without food or drink, but he cannot liv five minits without breathing.

To breathe polluted air can be likend to eating poisond food. The sistem wil try to take up what is good, but what is bad wil infect it. Therefore it is absolutely necessary for one to breathe fresh pure air, and breathe it thru the nose, in order to maintain helth.

Forst breathing is in many ways detrimental in the same manner as lifting a weight much in excess of one's strength is detrimental to the musls. In other words, the cultivation of correct breathing should be gradual and sistematic.

A natural child breathes naturally thru the nose and needs no tutoring, becaus as it requires air, Nature wil teach it how to get air. This aplies to a *natural* child reard in a *natural* manner, but unfortunately so-cald "civilization" denatures humans by dres and conventional habits to such an extent that the child soon is an unnatural animal, unless the parents ar educated along *natural* lines of living and rear the child with helth and *natural* development as their chief aim.

Inasmuch as persons seeking helth hav in sum manner livd unnaturally, they must lern to liv naturally.

*One must breathe fresh air day and nite, and be out of doors as much as possibl.* Fresh air means unpolluted air, and there is nothing that pollutes air more than tobacco smoke or cigaret smoke. I make a distinction between tobacco and cigarets, because cigarets would never be popular if they wer made of tobacco alone. As a rule, they ar composed of habit-forming drugs — dopes.

Fathers and mothers ar slowly poisoning their children if thru ignorance or thotlessness they allow their children to occupy rooms laden with the fumes of cigarets or tobacco.

Fresh air cannot be long maintaind in a closed room becaus the exhaled air from the lungs wil pollute it. Therefore one must cultivate the habit of havin windos open both nite and day, and hav their rooms arranged so that they can hav fresh air at nite without its blowing directly across the bed. If everyone wer taut the importance of fresh air from childhood, the architects would be more particular in designing houses and bildings, and would look more to *ventilation* than they would to decoration.

Never be afraid of "nite air". "Nite air" is just as good as "day air". Do not think that air on the ground floor of a house is any worse than it is on the upper floor, if ventilation is the same. Cover the body wel at nite and breathe thru the nose outdoor air, no matter how cold it is.

In the morning, as soon as one wakes, they should make it a point to giv many deep exhalations — *force the air out of the lungs*. The act of forcing the air out of the lungs wil bring about a corresponding reflex that wil make one inhale more deeply.

*Exercizing in bed* before arizing is of great importance becaus exercizing calls for air, the blood requiring more oxigen to feed the musls, and deep breathing follos the call for more air.

There ar hundreds of exercizes that one can take before arizing, many very complicated and many very simpl, but if one hav too many exercizes to do they wil soon do none. Therefore I hav made it a rule to select the fundamental exercizes for accomplishing the most good, and instruct my patients to religiously adhere to them seven days of the week — not to take them spasmodically.

Fig. 1, *A*, shows a person lying on the back with the thighs flext on the abdomen redy to kick out at *B* against a suspended punching bag. This "punching bag" can be imaginary, and the patient can kick out as if to hit the bag, being careful not to let the heels hit the bed.

These exercises should be done regularly every morning with the hands behind the head as illustrated. Begin with kicking out in this manner one to five times, and



Figure 1

increase one time every day until the "kicking-out exercise" can be done from 25 to 100 times without letting the heels strike the bed. At first the abdominal muscles will be sore, but do not stop for that. *Work the soreness off. Do not rest it off.*

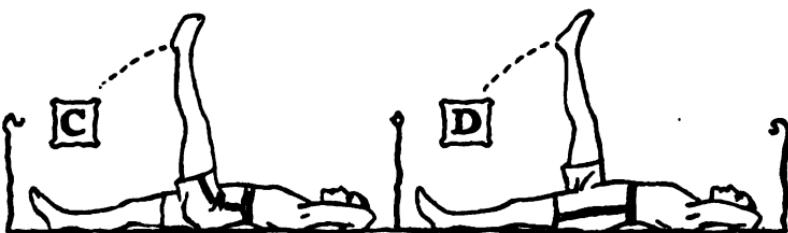


Figure 2

Fig. 2. *C* shows the flexing of the left limb on the abdomen.

*D* shows the flexing of the right limb on the abdomen.

This exercise, *C* and *D*, is known as the *shear exercise* because as one limb rises the other descends. In doing this exercise the heels should not come in contact with the bed, but should come as near to it as possible. In other words, *muscular effort* should hold the limbs up all the time. This shear exercise should be repeated from 5 to 25 or 50 times every morning, following the punching-bag kicking exercise.

Fig. 3, at *E* is shown both lower lims flext upon the abdomen and then allowing them to slowly cum to horizontal, but not allowing the heels to strike the bed. This exercize is known as *flexing the lims upon the abdomen*, and can be repeated from 5 to 25 times or more after the preceding exercizes.



Figure 3

Fig. 3 at *F* shows bed covering or sum other weight over the feet, and *the trunk being flext on the thighs* with the hands behind the hed. At first this exercize wil seem to be almost impossibl, but if one cannot do it at first with the hands behind the hed, they can do it by extending the hands in front of the body. Then before descending put the hands behind the hed and go back slowly. This wil gradually cultivate the musls so the trunk can be flext on the thighs with the hands behind the hed, and littl by littl it can be done without having any weight over the feet. This is one of the best exercizes for all stomach diseases.

The exercizes from *A* to *F* inclusiv constitute the best exercizes I kno of for constipation, stomach diseases, and all diseases brot about by relaxation of the digestiv and pelvic organs. In fact, if anyone wer to ask me what exercizes wer the most important to cultivate deep breathing and a strong and helthy digestiv tract, I would giv them these exercizes.

For reducing fat on the abdomen and the sides of the thighs, and for cultivating a flat, strong abdomen, these exercizes ar all that ar really necessary. They ar a gim-

nassium in themselvs. They ar producers of "a good form."

When doing these exercizes, be sure to hav plenty of fresh air in the room, and cultivate inhaling during one part of the exercize and exhaling during the other part.

After having done these exercizes when lying flat on the back, one can nead the bowels, massage the liver region, slap the abdomen and thighs, flex and extend the arms, and stretch in any way they desire, only they should be *persistent* in what they do. The exercizes mentiond should be taken before any auxiliay exercizes.

After these exercizes hav been done, take deep breths a few times, counting four while inhaling, holding the breth while counting eight, and exhaling while counting eight. This cultivates control of the chest-expanding musls.

In breathing, cultivate the habit of expanding the chest first and then letting the incumming air force the diafram down and lift the abdomen. In that manner one follos out the natural method of breathing the same as wil be observd in a natural baby, in the dog, cat, and other animals, namely, the chest and abdomen expand almost similtaneusly.

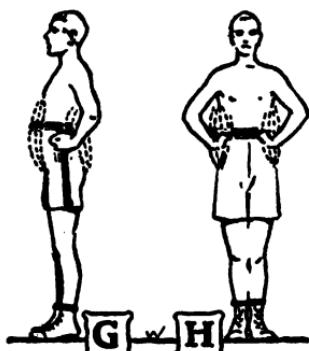


Figure 4

*Abdominal breathing* alone is rong and *chest breathing* alone is rong. Combining the two is *the natural way*, and if persisted in, it wil prevent constipation as wel as cure it. No one can hav asthma if they breathe correctly.

After arizing, the folloing exercizes ar a few that I recommend and no one can afford to omit them.

Fig. 4 at *G* and *H* is shown what is known as the *spiral twist*, or *eg-beater* twist. It is the method of rotat- ing the trunk on the thighs, the feet and hed being maintaind in the same perpendicular plane.

This rotating of the abdomen about the perpendicular axis should be done first five times in one direction and then five times in the other, and increase as one becomes expert.

These exercises will give anybody as well-formed a waist as they may wish. It is a *waist-forming exercise* and one



Figure 5

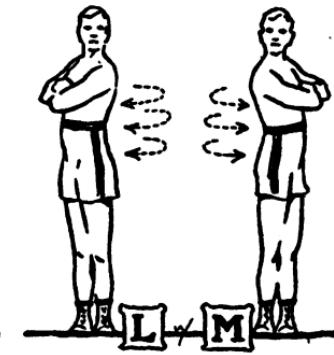


Figure 6

that ladies particularly should carry out diligently if they desire a "beautiful form."

Fig. 5, J and K show the right and left flexing of the trunk on the thighs — a *lateral* flexing of the body, the arms being held as illustrated.

Fig. 6, L and M show the twisting of the body, the feet being maintained in the same position. This exercise is what Professor Warman has so aptly named "*the liver squeezer*."

Fig. 7, N shows the flexing of the trunk on the thighs while in a standing position.

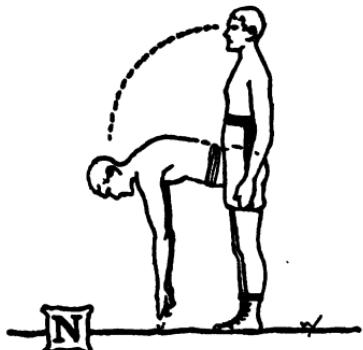


Figure 7

Fig. 8, *P* shows the *squatting exercise*, which is of great importance in cultivating strength in the legs and feet and joints in the trunk. This exercise should be done with the body resting on the toes and the eyes directed toward the ceiling, or in other words, with the chin up.

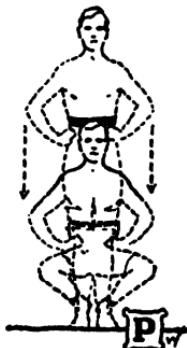


Figure 8

Fig. 9, *Q* shows the "body dip." It is executed by lying flat on the abdomen and lifting the body upright on the hands, and then letting the body cum down again so the abdomen and nose hit the floor. This is a very difficult exercise, but it can be acquired by practis, and it is very beneficial in strengthening the abdominal musls.

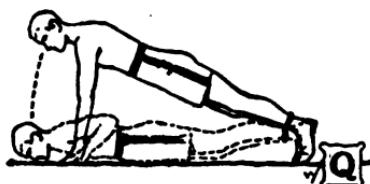


Figure 9

Fig. 10, *R* and *S* illustrate the *stationary-walking* exercize. This is a very wonderful exercize in developing the musls about the pelvis, and it is a very efficient exercize for remedying *constipation* or *weakness in the pelvic organs*. It is executed by holding the

hands as depicted and then stepping forward first one foot and then the other in rapid succession.

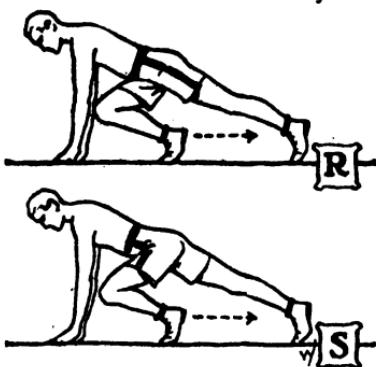


Figure 10

Fig. 11 illustrates the method of standing on both feet and rizing on the toes. In doing this standing exercize, be sure the thums ar directed backward and meet over the spinal colum.

Fig. 12 illustrates the subject standing on one foot and then rizing on the toes of that foot. This

is quite a difficult exercize, but it is wel worth practising.

Fig. 13 shows sum exercizes to be done with the eyes closed. These exercizes wil do much to cultivate poise.

One has no idea how dependent he is upon the eyes for keeping the equilibrium until he tries to do sum of these exercizes when blindfolded.

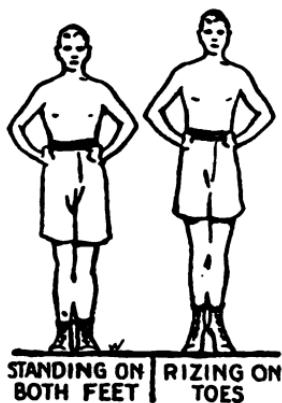


Figure 11

This figure shows the subject with the eyes closed standing first on his left foot with the right foot extended forward and then backward. This is then reverst by standing on the right foot and extending the left foot forward and backward.

The next is to stand on one foot and extend the free lim laterally as far as possibl. Then cros it over in the opposit direction. Then change to the other foot.

These *closed-eye* exercizes ar tests that I often giv to see if the patient hav the faculty of *equilibrium*.

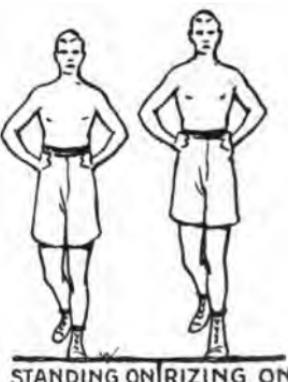


Figure 12

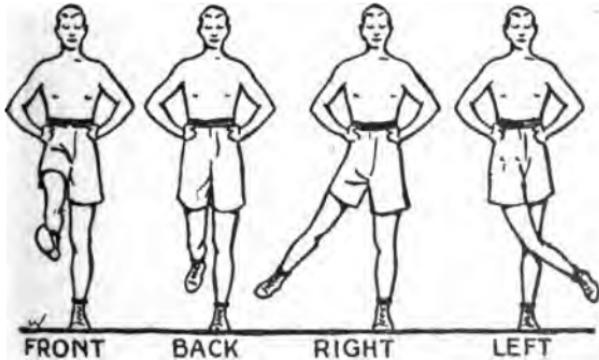


Figure 13

Fig. 14 shows one of the best all-round exercises that I know of, and that is walking on-all-fours. This exercise should be done with the body naked or with nothing on but a pair of trunks. For boys and girls and for men and women this exercise is of inestimable value in lifting the abdominal muscles as well as all the muscles of the body. *For a pregnant woman I know of no exercise that can compare with it.* In fact, if from the time she is three months pregnant she will take from 100 to 1,000 steps daily on-all-fours, she can feel sure that her delivery will be quite easy and the child will be well developed, provided there are no abnormalities.



Figure 14

Fig. 15 shows one of the best training exercises that there is, namely, *walking a tight rope*. The method of procedure to fit for this exercise is to first walk on a piece of smooth 2" x 4" with the four inch side of the beam elevated about one foot from the ground. Then practise with the 2-inch edge up. Then practise the same exercise with the timber two, four or six feet from the ground so as to acquire confidence.



Figure 15

After progressing as far as this, practise walking on the edge of a 1 1/2-inch plank, first about one foot from the ground and then two feet and so on until it can be walked on when six feet from the ground. (Fig. 16.)

Then practise walking on the edge of a 7/8-inch board in the same manner. When this is accomplished, start walking on a 2-inch rope made as taut as possible and about three feet from the ground.

After one can do this well, then practise walking on a

1½ inch rope, then on a 1 inch rope, having the rope very taut all the time. After this has been accomplisht one

can begin walking on a slack rope about ½ inch to ¾ inch in diameter.



Figure 16

First mark out a circl three feet in diameter in which to stand. Then take a hoop about twelv inches in diameter and throw it up in the air about ten feet. Catch it in the *opposit* hand. Thro it up with the hand in which it was caut, and catch it with the other hand, and alternate in this manner until one can thro it twenty to fifty feet in the air and catch it without stepping outside of the three-foot circl.

When one has cultivated the nack of throing the hoop upward, they can make a littl twist to the hand as the hoop is thrown so it wil cum down in a horizontal manner, as illustrated in the Figure. Altho this cumns under the hed of juggling, it is an exercize or game that has no peer. It is an exercize far better than golf. It puts every musl of the body into action and cultivates alertness in a manner that nothing except ball juggling can excel.

At first this exercize seems very strenuous, but it cultivates equilibrium and poise to a wonderful degree. A person can use a balancing pole or a parasol. Probably the balancing pole is the better. (Figs. 15 and 16.)

Fig. 17 illustrates an exercize or game that I developt many years ago. It is accomplisht as follos:



Figure 17

After one has thoroly mastered throing up one hoop at a time, they can then begin with two, but this cumes under expert work and not many wil carry the exercize that far. The throing of one hoop in the manner depicted and keeping track of how many times it can be thrown without missing it, or without stepping outside of a three-foot circl, is where the *game* cumes in. One tries to excel another in seeing how many times the hoop can be thrown without letting it reach the ground and without stepping outside the circl.



Figure 18

Fig. 18 illustrates the old familiar exercize of *jumping the rope*. Altho this is supposed to be a child's exercize, I can say that it is a good exercize for all. Anyone can easily do it, and it is contra-

indicated only for those who hav hart diseas. Altho at first one may be a littl clumsy, it takes only a short while to acquire the agility required. It is one of the best exercizes to keep a person yung that I kno of.



Figure 19

Fig. 19 illustrates *bag punching*. A traind athlete wil notis sumthing peculiar about this illustration. That is, the punching bag is lifted so high that one has to punch *upward* as wel as forward to exercize with it. I hav found that this method of suspending a punching bag is of great benefit in making a person lift his chest.

It is an admirabl exercize for chest development and I recommend it for those suffering with asthma or any bronchial trubl. I believ the old-fashionsd platform is better than the new fashionsd ring for the bag to strike against.

Fig. 20 illustrates an exercize that most yung peopl ar familiar with, especially if they hav been in any kind of fisical training, that is, *rope climbing*. For this purpose a soft rope is preferabl to the hard hemp rope, but any kind of rope wil do after a person becums accustomd to it. If a person wil practis climbing a rope a few feet every day, he wil be surprized to see what it wil do toward muscular development and waist shap-  
ing. I recommend rope climbing for girls as wel as boys, for yung women as wel as yung men, for older women as wel as for older men.

All these exercizes should be done where there is plenty of fresh air and with as littl clothing as possibl on the body. The more the body can be exposed to the air during all these exercizes, the better.

It is very wel for one to exercize and thus cultivate deep breathing, but it is advizabl to kno just how *much* they hav cultivated the *art of breathing*. For that purpose I kno of nothing that can compare with the *Spirometer*. There ar several styles of spirometers on the market, the large, cumbersum instrument that is attacht to the wall and the large instruments on pedestals, but the best of all, and the most up-to-date, is the littl instrument that is "bilt like a watch to watch your lungs" and is illustrated in Figs. 21 and 22.

This littl instrument is "a western product," devized by a westerner seeking for helth, which he found, and is manufactured by the Spiro-Meter Co. (Inc.) of Pomona, California. These peopl ar wel named "*helth promoters*." Probably their littl "*lung watcher*" is doing more to interest peopl in the development of their breathing than any other instrument. This littl instrument is only the size of a watch and can be carrid like a watch, attacht to a chain or cord like a watch. One can set the



Figure 20

hand by the stem setter, and many times a day watch just how much air he can expel from his lungs. Then as I hav said before, the reflex causes a greater amount of air to be drawn back into the lungs.



Figure 21

cate more than just the exhaled air. *It wil indicate the general helth and development of the body.*

I cannot say enuf in favor of this wonderful littl instrument. I fel in love with it at first sight becaus I hav been using spirometers in my treatment rooms for years and hav advized patients

An instrument like this creates rivalry with one's own self, and a person wil try day after day to see how much he can improve upon the day before. In this manner one becums interested in his chest development. When several in the family each hav one of these instruments, there is a happy rivalry to see how much one can gain in lung expansion over the other. With such an instrument as this in the pocket, one wil cultivate deep breathing before he realizes it, and by carrying out the exercizes as herein depicted and described, the deep breathing wil be *an index to the general muscular development.* Hence the littl watch-like instrument wil indicate more than just the exhaled air. *It wil indicate the general helth and development of the body.*



Figure 22

to hav them in their own rooms. This wonderful littl instrument captivated me becaus of its simplicity, its practicability and its far-reaching beneficial effects.

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### MIS SOPHRONIA'S CURE

He treated me for mumps, did the blessed Dr. Stumps;  
He treated me for measles when my soul was in the dumps;  
And without a shade of question he improved my indigestion  
Oh! a therapeutic wonder was the blessed Dr. Stumps!

But when my mumps had fled, then I had an aking hed,  
And when my hed was cured I had lung-complaint insted,  
Then he clincht with my bronchitis, then he treated my gastritis —  
And now that blessed doctor — he has left me — he is ded!

When he used to cum and say, "Ah, yu hav the chils today!"  
Or, "Yu hav a tuch of fever," I was frolicsum and gay;  
When he told me, "Mis Sophronia, yu ar suffering from neumonia,"  
I rejoist with great rejoicing at the words he used to say.

For he'd sit and sympathize with compassion in his eyes,  
And he'd talk about my simptoms and he'd look superbly wize;  
Then he'd giv me lerned theses on the treatment of diseases,  
And number all the catalogs of all my agonies.

Now I get no blessed ease that accompanies diseas —  
What is there in life to cheer me? What is there in life to pleas?  
Now I hav no blessed theses on my simtoms and diseases;  
If I must continue helthy, let me die and find releas.

—Sam. Walter Foss.

## GENERAL HYGIEN

Hygien is a helth subject. It sounds helthy and it makes one feel helthy to talk about it. The mental picture is of Hygeia, the goddess of helth, or sum other refreshing vizion. On the other hand, diseas is an unhelthy subject and the mental picture is of sum sickly cripl, sum person sick in bed, or sum other vizion of distress. It is not conduciv to helth to hav sum one about who talks continually of diseas.

## PERSONAL HYGIEN

### *The Hair.*

Whether the hair should be soakt, scrubd, dried and combd every day is a question. Many peopl with hevy hair comb it daily but do not wet it much. It seems the natural way would be to wash it only when necessary to clean it and not as a daily practis.

Natural man, like other animals, had hair all over the body. It was not only for a covering, but was an aid in skin respiration in the broad sense of the term, and a conserver of energy.

It is a wel-known fact among breeders of horses that if a horse is intended for hevy work, it should never hav its hair clipt.

Mental workers ar more often bald than manual workers. Sum wil say it is becaus they wear a different kind of hat or work under artificial conditions, etc. However, I hav seen workmen in factories who had worn hats all their life while at work, and a good share of the time when in the house, and they had hevy hair. On the other hand, I hav seen other classes of workmen who had their hats off from the time they enterd the factory until they left, and they wer bald.

Women, as a rule, hav hevy hair. No dout it is hereditary, and a result of *desire*. (See *Vibratology*.) They see their mothers and grandmothers with long, hevy

hair and they *desire* it, and that desire brings about action. The act of combing the hair is conducive to its growth. It brings blood and life to the hair roots. It directs the mind to the hair.

Foreign women who *grease* their hair wear wigs. They go bareheaded nearly all the time, so it is not because of hat constriction that their hair comes out. It is the fashion of greasing the hair to make it shine.

Women do not wet their hair every day as men do. They comb it while dry and do not wash it so often because of the trouble and annoyance.

Men who are temperamental, or whose vocation is of a temperamental variety, usually have thick hair, and it is very common for them to allow their hair to grow long. They think it goes with their profession. Some say it is because these people do not wear hats, but I have seen many of them who wore hats and their hair was long.

I believe the hair should be combed and brushed daily, but frequently wetting it is injurious. Using soap on the hair to "wash out the oil" only makes more oil cum.

If the hair is dry, oiling it with a *mineral oil* is often very beneficial. *Mineral oil on the body conserves energy in the body.* (Oiling the skin from head to foot with mineral oil is of great advantage in case of sickness or high fevers. Sometimes a dying person can be brought back to life by oiling the body with mineral oil. Vegetable oils would have no such effect, and it is not the massage that does the work. It is because mineral oil, such as paraffin oil, prevents much energy from leaving the body. That is why mineral oils are of so much benefit for burns and raw surfaces.)

I believe hats are a detriment to the hair and to the head and brain. The head needs air about it just as much as the face. In tropical climates some wear hats and some do not. I believe the natural covering of the head will protect it, and the hair was so intended. Had Nature intended us to wear a hat, we would have been born with one. Fresh air

on the hed is a tonic. If a hat is worn, it should be wel ventilated.

The fashion among scool boys of having the hair gro long and hang over the forehed so they hav to keep shaking the hed to keep the hair out of the eyes, is abominabl. Many a boy has acquired a *habit tic* (involuntary motion) in this way. It also makes boys nearsighted, as it changes the whole muscular action of the eyes.

### *The Ears.*

The outside of the ears should be washt daily with a ruf cloth, but water should not be put into the ears. The ears should be thoroly dried after being washt. To clean out the external canal of the ear, a littl piece of cotton twisted on the end of a toothpick or match is best.

If a person's ears itch inside the canal and they need to use a hairpin every few minits, it shows that there is sumthing rong with the skin. One of the best treatments for that is mineral oil (paraffin oil, vaselin) aplied locally.

If wax accumulate in the ear, mineral oil or vegetabl oil wil soften it. Mineral oil is preferabl as it wil not becum rancid.

Never allow a child to poke things into its ears nor to dig at the ears.

Parents should be particular to see that children do not wear caps that push the ears forward. It is easy to distort the ears but not easy to put them back.

If a child is born with the ears protruding too much they should be held back close to the hed by means of adhesiv tape or isinglas plaster for a year or two til they remain in the proper position.

Covering the ears with the hair, as is the abominabl fashion at present, is injurius in many ways. If it wer continued for a few generations, we would be earless and "hearless."

## The Nose.

The nose is an organ of respiration as well as an organ for smelling. It strains the air as well as warms it when one inhales in the act of breathing.

Picking the nose with the fingers is very bad. It spreads the nostrils. Teach the children not to pick the nose nor put their fingers into it. Let them put a cloth over the finger and rub the inside of the nostril, if necessary, but it is better to *pinch* the nose from the outside. The mucus membrane of the nose is very sensitive and easily abraded and many chronic sore noses are caused by putting foreign bodies into the nose to clean it.

If people live more in the open, they would have very little trouble with the erectile tissue in the nose, but because they live part of the time in heated rooms, or in close air, or in crowded streets — in an unnatural manner — the mucus membrane of the nose becomes irritated and congested and inflamed. This inflammation goes on until the slow chronic inflammatory process known as catarrh is set up.

A cleansing solution to be used warm in a nasal cup can be made in the following proportions:

1 teaspoonful magnesium sulfate (Epsom salts)

1 teaspoonful borax

5 drops oil of eucalyptus

5 drops thymol-menthol solution

1 pint water

A solution of a teaspoonful of common salt to a pint of warm water can also be used, or a teaspoonful of Epsom salts to a pint of water in a douche bag as illustrated.

Fig. 23 illustrates the use of a nasal cup. Fig. 24

illustrates the suction method of cleaning the nose and



Figure 23

sinuses. The fountain should be about on a level with the nose. The outlet tube *draws* the mucus out.

The water for all nasal douches or washes should always be lukewarm when used.

A nebulizer (Fig. 25) is often used to coat the membrane of the nose with oil.

For a cold in the head, inhaling medicated steam thru a vaporizer is beneficial. (A steam vaporizer, Fig. 26, can be bought at any large drug store.)

### *The Eye.*

Altho the eye is one of the most important members of the body, it is very much neglected. Not every one needs glasses, but if anyone has trouble with the eyes, he should consult a good refractionist.

The stomach has more to do with the condition of the eyes than most refractionists think.

The eyes of many children are ruined by the light in which they study at school and the position of the desk. A side light should be employed as a light from the rear causes a shadow.

One should learn to exercise their eyes just as much as their arms, legs, back, neck, etc. In Fig. 27 is shown a method for training the eyes, which often makes it unnecessary for patients to wear glasses. In every exercise the eyes come back to rest.

Neither diet nor exercise will have any effect upon *astigmatism*, but they greatly affect the muscular balance.

Each of these exercises should be done very slowly and repeated at least ten times nite and morning.



Figure 24



Figure 26



Figure 25

At the lower part of the figure, at *X*, is shown a method of training the musls of the eyes. Hold a pencil at arm's length, focus the eyes on it and bring the pencil close to the nose until it looks dubl. Then immediately repeat the maneuver. If one does this regularly, it wil not be long before the eyes can be focusst at any point and held there after the object is removed. This eye exercize is of great importance in cultivating sum of the eye musls.

The musls of the eye can be greatly strengthend by looking at pictures thru a stereoscope. It is the best way of looking at a picture. Stereoscopic pictures, specially made for training the eye musls, can be obtaind from any good optician.

*Prism exercizes*, under the care of a competent instruc-  
tor, ar of inestimabl value for cultivating *all* the musls of  
the eye.

For washing out the eyes whenever they hav dust in them, or when they ar inflamed, a saturated watery sol-  
ution of boracic acid is the best. Avoid the varius "drops"  
that ar advertized in the newspapers.

The wearing of veils is ruinus to the eyesight.

### *Mouth.*

The lips should not be pickt nor bitten as sores ar causd thereby. For "coldsores", use spirits of camfor. Such sores ar causd by a reflex action from another part of the body. Where there ar cracks, use tincture of myrrh or tincture of benzoin. For chapt lips camfor ice is very good, or plain vaselin. Vaselin is a mineral oil and is infinitely better than mutton tallo.

An antiseptic wash for the mouth and throat is made by putting about a teaspoonful of good hydrogen peroxid

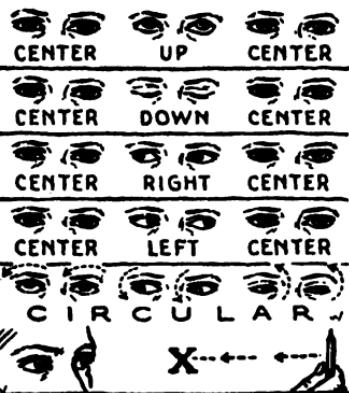


Figure 27

in a half glas of water. This should be follod by a saline wash of one-quarter teaspoonful salt to a half glas of water, or one-quarter teaspoonful sodium bicarbonate to a glas of water.

*Chinosol* makes one of the very best mouth and cavity washes.

A saturated solution of boracic acid is also very efficient as a mouth wash and gargl.

In fever conditions, or where the mouth is in bad condition from diseases of the digestiv tract, unsweetend juice from lemons, limes, grapefruit or pineappl is often very efficient as a gargl or mouth wash.

Diseasd crypts in the tonsils, should be opend by a physician with a suitabl nife and painted over with a 25% solution of silver nitrate, after they hav been thoroly cleand with alcohol locally aplied. In using hydrogen peroxid for a gargl, the pus pockets in the tonsils must be opend first, as the distension of the pocket by the gas is liabl to make the condition worse.

A diseasd crypt in the tonsils does not call for the removal of the gland any more than a sore toe calls for the removal of the leg.

### *The Teeth.*

The teeth ar of the utmost importance in digestion and it is a pernicious practis to hav the teeth extracted for all sorts of ils. If the teeth ar in good condition, there is no more need of having them overhauld than to hav any other part of the body overhauld. Many times the scraping of the teeth with sharp instruments is the caus of tooth trubl.

The teeth should be cleand at least twice every day (after each meal is better) with a brush that has been dried since the previus use, so the bristls wil be stif and firm when they ar put into the cleaning solution.

Rubbing the teeth with the inside of a lemon peel or with diluted lemon juice is very beneficial. The acid rubd

on the gums and teeth wil remove more of the adhering film than anything else. Sum think that fruit-acid wil ruin the teeth, but it is an acid condition in the sistem, resulting from the fermentation of sugars and starches, that causes trubl, and not fruit-acid. Fruit acids ar natural for the teeth and ar beneficial to them.

Brush the teeth with a stif brush that has been dried since previus use. Thro the hed slightly backward and brush briskly all the surfaces of the teeth. In brushing from the gums toward the crowns of the teeth, use a rotary motion to clean the spaces between the teeth. Also brush gently the gums and roof of the mouth.

The *diet* has everything to do with the teeth. If a person eats unbalanst rations, the elements that make up the teeth ar not right, and the consequence is chalky teeth or sensitiv teeth, or *pyorrea alveolaris*.

The eating of raw food that has to be chewd has a very beneficial effect upon the teeth.

*Pyorrea Alveolaris* is more prevalent than anyone has any idea. When this condition is suspected, a dentist should not only clean tartar off the vizibl portion of the tooth, but he should go belo the surface of the gum. As a rule, there ar alveolar pus pockets causing this condition.

Cleaning the teeth with an iodin preparation is very efficient in this trubl. As a tooth cleaner, the folloing is good.

Iodin crystals	1 gram
Potassium Iodid	3 grams
Glycerin	30 grams

This solution can be used once or twice a day on a stick and workt in under the gums. One of the best remedies for *pyorrea alveolaris* is iodin in some form. Painting the affected area, after it has been thoroly cleand, with a tincture of iodin (keeping it away from any other part of the mouth by cotton pledges) is very effi-  
cient, but it should not be used oftener than twice a week.

Another simpl and effectiv means of treating pyorrea alveolaris is by means of kerosene oil (coal oil). The formula is 20 drops oil of verbena to one ounce kerosene. This should be painted with a swab over the tooth and workt wel around the roots of the tooth with a toothpick. This wil kil the bacteria as wel as act as a stimulant to the affected area. The oil of verbena disguises the taste of the kerosene. One or two drops of oil of cloves to the ounce of kerosene disguises the taste sufficiently. This kerosene preparation can be used thru an atomizer so arranged as to drive the oil wel down around the gums. Pyorrea alveolaris wil return unless the diet be regulated. *Lemons ar the best preventativ and cure for pyorrea alveolaris.*

### *Lemon-Juice Hygien for Mouth and Teeth.*

In the morning on arizing, take a fresh lemon and cut in two (Fig. 28). Squeeze the juice of half of the lemon into a four to six-ounce glass of water, Fig. 29 (never ice water). Drink and gargl the throat so as to get the



Figure 28



Figure 29

solution on all parts of the mouth and throat. Squeeze the other half into another glas of water and drink it.

Take one of the half lemon peels and place in it a teaspoonful of cool or warm water. Take a toothbrush and work it up wel in the *pulp* of the lemon

peel (Fig. 28). Use this to brush the teeth with. Brush them well, moving the brush upward and downward as well as crosswise. Be thorough with this cleansing and do not be afraid to get a little lemon juice on the teeth.

Then take hold of the tongue with a cloth in the fingers, and with the other hand rub the pulp side of the lemon peel on the upper side of the tongue, reaching back as far as possible. Rub or scrape the tongue vigorously, pulling it out as far as possible (Fig. 30).

The lemon juice in the water has a very beneficial effect upon the stomach and bowels if taken immediately upon arising. It is one of the greatest aids for overcoming constipation.

Brushing the teeth with water worked up in the pulp of the lemon peel is the remedy par excellence for preventing and curing all forms of pyorrhea alveolaris. Loose teeth will begin to tighten, the slippery or scummy feeling on the teeth will soon disappear, and the teeth will become whiter.

Drawing the tongue out as far as possible is one of the best remedies for constipation, and will often stop pains in the stomach, bowels, or pelvis.

Thoroughly scraping the tongue with freshly cut lemon peel removes the "fur" that often collects on the tongue of a catarrhal person, and enough of the elements from the pulp will carry back into the mouth to have a very pleasant effect upon it. If one has a bad taste in the mouth, this procedure will rectify the condition.

After using a lemon as above described for two or three weeks, a person will begin to see a decided change for the better in his mouth, stomach and bowels.

For brushing the teeth after meals, any good tooth powder, tooth paste, or plain water will do. The object is to remove the particles of food. Many use the pulp



Figure 30

of a lemon several times a day after they hav becum accustomd to it, becaus of the plesant feeling and taste.

For cleaning between the teeth, probably dental flos is the best.

In having teeth fild, try to avoid mercury becaus it often has a deleterius effect upon the sistem. Sum cases of salivation hav been causd by mercury fillings.

Do not hav different kinds of metal in contact in the teeth. Sum often complain of a peculiar taste in the mouth that can be traced to a galvanic action of two different kinds of metal in the filling of the teeth. Sum cases of "facial neuralgia" ar causd by this galvanic action.

Keep your own teeth as long as possibl. They ar superior to artificial ones. Don't trust x-ray pictures of the teeth and gums too much. They ar more often rong than right.

### *The Tonsils.*

The hygien for the tonsils is good, commonsense diet. The excessiv eating of sugar and starches is without dout the caus of enlarged tonsils and adenoids. I hav never seen persons with enlarged or diseasd tonsils or with adenoids if they breathd thru the nose and ate proper food in a proper manner.

Gargling the throat every morning with lemon-juice water helps to keep the throat in good condition. If one has a sore throat, a gargl to be recommended is a tea-spoonful of hydrogen peroxid to two teaspoonfuls of water. A better one is pineappl juice clear or diluted. Pineapl juice has a very beneficial effect upon the teeth, tung and mouth.

Occasionally tonsils ar so diseasd that they ar a menace to their owner, but these conditions ar very rare in comparision to the tonsils that ar good. During over thirty years' observation, I hav had to advize only three pairs of tonsils removed.

## *The Face.*

Using soap on the face is to be condemnd. Washing the oil out of the pores of the skin by means of soap makes them all the more activ. For keeping the pores of the skin wel clenst, use a ruf washcloth and warm water and finish with cool water. Then the pulp of a lemon, after the juice has been extracted, can be rubd on the face, and after that the outside or yello part of the peel can be used to massage the face. This is better than any cosmetic. Corn meal wet with water and lemon juice is excellent for the face.

Using powder or paint on the face belongs to the savages. Massaging the face in such a manner as to lift the musls wil help to take out "the lines" and prevent their forming.

No one would hav "pimpls" if they ate and livd correctly. Therefore the remedy is to liv and eat rightly.

A person with a bad stomach wil hav certain lines on his face that no massaging can remove. The stomach condition must be remedid before the lines disappear.

A happy disposition creates sunny lines on the face. A sunny face is captivating but a gloomy face is repelling.

## *The Neck.*

Women should be complimented for the sensibl way in which they undres their necks. If men wer as sensibl, they would be more helthy.

Sum cases of hart trubl ar causd by high, stif collars — "fences." Soft collars ar the only collars to be recommended. The sport-shirt collar is the best, as it givs plenty of ventilation to the neck and throat and allows free movement to the neck. A necktie is no more needed than a bracelet (Fig. 31)



Figure 31

Fig. 32 illustrates a method of cultivating the throat. A shows the relaxt condition, the subject standing with

the thumbs meeting each other at the back. This throws the shoulders backward. The mouth is closed and the musls relaxt.

At *B* is shown the mouth opend *under stres*, that is, with power exerted as if the chin wer displacing a hevy weight.

These exercizes should be repeated at least twenty times every nite and morning, but always when the person is alone.

Never do any neck, face, or eye exercizes in the presence of others, or in a careless manner. One can very redily acquire a habit tic by not observing this rule.



Figure 32

This exercize of forcibly opening the jaw by tensing throat musls not only develops the throat for singing, speaking, or enunciation, but has a very markt effect upon the external development of the throat. It is the exercize par excellence for reducing the prominence of the "Adam's appl," or a dubl chin.



Figure 33

These exercizes in Fig. 33 I consider of more importance than any other exercize that I can outline. There would be no necessity of this or that "adjusting of the neck" if peopl carrid out the exercizes illustrated in Figs. 32 and 33, every nite and morning. For all manner of hart trubls, both functional and organic, as wel as for

goiter, I can say without hesitation that these neck exercises wil do more for a permanent cure than all the drugs or remedies known.

Because of the importance of these exercises, examin Fig. 33 carefully. At the top is shown a person standing with the heels together and the thumbs meeting each other in the center of the back. This causes the sholders to be in good form. With the hed at rest (looking strait ahed), begin a slo movement of the hed backward, that is, extend it. Let this extension be a forst extension, that is, an *extension under stres*, bending the hed as far backward as possibl — or at least so that the eyes ar directed toward the ceiling. Then let the hed cum forward *relaxt* until it is again at rest. Repeat these exercizes from ten to twenty times.

Never do this neck exercize or any other exercize by jerks. Let every movement be mesured, and hav in mind the particular exercize and the object of its execution.

The next neck exercize is to begin with the hed at rest and *flex it under stres*, that is, bring the hed downward until the chin cumc wel in contact with the brest bone. Do this with the same force as if a band wer around the forehed with a rope and pully back of it with a hevy weight on the rope. In other words, do all these neck exercizes as if yu wer trying to displace sum hevy weight every time yu wer putting the musls under stres.

Repeat this neck-flexing exercize from ten to twenty times, doing the exercize very sloly.

The third neck exercize is to begin with the hed at rest and flex the neck to the right under stres as far as yu can. Then bring it back relaxt to a state of rest. Repeat this exercize from ten to twenty times, doing it very sloly.

The fourth in the neck-exercize series is to begin with the hed at rest and flex it to the left under stres, bringing the hed over as far as possibl. Then bring it back relaxt to the state of rest. Repeat this exercize from ten to twenty times, executing the exercize very sloly.

The fifth or last of the series of neck exercizes is to *rotate* the hed on the neck. This is done as outlined, by blending each of the above exercizes into one. This rotation of the hed on the neck should be executed at least ten times nite and morning.

*The Chest* can be developt to almost any proportions that a person desires. I hav seen persons with a very flat chest develop it until it was really too large in proportion to the rest of the body.

One of the best methods of developing the chest is *deep breathing*. Very few peopl kno how to breathe. They outgro their natural method of breathing, either on account of the dres or by rong cultivation when they ar children.

*The proper method of breathing* is to first inflate the chest, and when that is ful the diafram wil be pusht downward, and the abdomen wil rize. This method of breathing, after a littl time, wil becum so natural that the chest and abdomen wil expand at about the same time, altho the first expansion in respir-ation wil be in the chest.

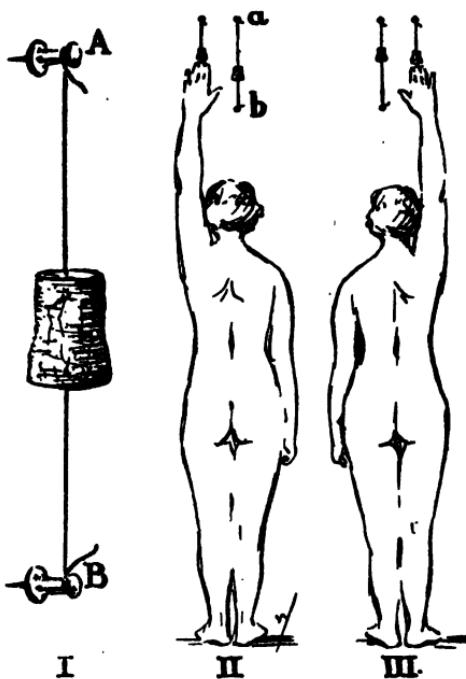


Figure 34

This diafragmatic method of breathing not only expands the chest, thereby giving the lungs and chest a chance to inflate, but it also exercizes the diafram, which in turn exercizes the liver, stomach, pancreas, spleen, intestins, kidnys and pelvic organs.

Proper deep abdominal breathing as above outlined is

one of the best procedures for reducing surplus fat about the abdomen.

As previously mentiond, the use of the *Pulmo-Spirometer* is of inestimabl value in the cultivation of the chest.

Fig. 34 shows a unique method of developing the chest (and back) and lifting the sholders. Pas a thred thru a cork and fasten as illustrated. With toes and nose against the wall, push cork up as far as possibl. Use first one arm and then the other. Try to reach farther each day.

Fig. 35 illustrates an admirabl method of cultivating the chest so as to lift it as well as the sholders.

The method of procedure is to stand with the hed and heels against the wall and lift the extended arms so the back of the hands strike the same wall that the heels and hed ar against.

It is wel to take a deep breath while raising the arms, and exhale sloyly while lowering the arms.

This exercize can be used advantageusly several minits every nite and morning.

Fig. 36 shows a pernicius method of holding up the trousers. If a lady girds herself about the waist, the same remarks aplly. Rather than wear long suspenders, many men wear a tight belt around the waist just above the pelvic bones. I hav seen men with extreme abdominal tosis (falling of the abdomen), cronic bladder trubl, prostatic trubl, constipation, etc., as a direct result of wearing a tight belt for holding up the trousers.

If a person does not want to wear outside suspenders, he can becum accustomd to wear-ing inside suspenders. They ar worn under

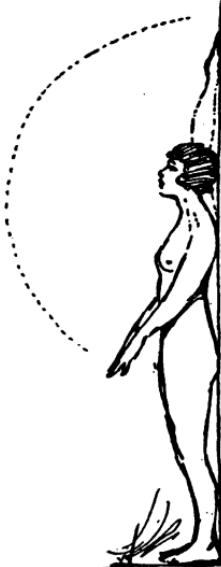


Figure 35



Figure 36

the outer shirt and over the undershirt. Holding the clothes up by a tight belt is a practis that should be abandond by both men and women.

Fig. 37 shows the proper method of supporting the socks. To the left of the figure is shown a small safety pin fastening the top of the socks to the bottom of the long drawer leg. When a person wears the short drawers,



Figure 37

a tape can be attacht to the bottom of the drawer leg and pind with a safety pin to the top of the socks. This method of holding the socks up is hygienic and comfortabl. There is no garter made to go around the leg to hold the sock up but that wil constrict the blood suply. I hav often treated men for varicose veins about the anklz and lower leg that wer causd by wearing garters.

There ar many garters advertized for supporting the socks garanteed to "not restrict the leg." Such a hose supporter has never been made and never can be made, becaus if it does not constrict the leg it cannot support.

Ladies should not wear garters that constrict the leg as they caus varicose veins. Any ingenius lady can find a way of holding her hose up without constricting the lim.

Men's drawers which ar only nee length ar only that much sanitary. Abreviate the drawer legs and yu abreviate the clenliness of the dres. The manufacturers made the legs short to save material, and men "fel for it." Pant legs ar seldom washt, but drawers ar more liabl to be kept clean.

### *The Feet.*

It is just as important that socks and stockings be made with a wide toe, as for a shoe to be made with a wide toe. A firmly made sock that constricts the foot, especiially the toes, wil caus the toes to becum misshapen. I

hav often seen children whose feet had been "Chinesed" in tight socks.

The proper *shoe* to wear is one that is strait inside and has no heel, or else has a heel that does not elevate the foot any higher than the sole of the shoe. The wearing of high heels can be clast in the practis of self-mutilation. Running ornaments thru the nose, ears, lips, or distorting the face by branding it, is no worse than ruining the body by wearing the abominabl, heathenish shoes that sum women wear.

In the first place the high heel makes persons walk on their toes and causes them to keep tense many of the musls of their hips that should be relaxt. Littl by littl the pelvic bones ar thrown out of alinement, and the pelvic organs ar misplaced, and invalidism is sooner or later the result of wearing high, pointed heels.

Nature strives to take up the slack, and if a person walks on their toes by elevating the heels, the gastrocnemius and other musls at the back of the leg slowly atrofy, and there is a shortening of the calf musls. This is a deformity that causes no end of trubl. A person thus afflicted cannot walk comfortably barefoot or with lo-heeld shoes becaus it makes the legs ake so. The reason for the aking is that the shortened calf musls ar put under tension to cure this condition, one must wear sandals or go barefoot, or wear gradually lowerd heels until they wear none at all.

If Nature had intended man or woman to hav high heels, we would hav been born that way, but imagin how sad a mother would be to see her baby cum into the world with heels projecting two or three inches belo the sole of the foot. She would say that Nature had been unkind to her and the child. Yet that same mother wil wear shoes that ar distorting her anatomy, and she wil allow her littl girl to wear shoes that distort the feet and make a crip of her.

If women would think and be independent, there would be no caus for such a state of affairs. The manufacturers of shoes wil make any kind of shoes that there is a demand for. If there wer no demand for these heathenish shoes, they would not be made. One of the largest shoe dealers in the world has bilt up his reputation by selling nothing but commonsense shoes. He wil not handl what he calls a tooth-pick-heel shoe. He sends shoes all over the United States and to foren cuntries becaus *sensibl* peopl want to wear a *sensibl* shoe. Sum of the most sensibl women I hav met — women with brains — wore sandals. They giv ventilation to the foot and allow the sole of the foot to be on a level with the heel.

Fig. 38 shows the footprints of a person who walks naturally. When I was a boy I was taut that the proper way to walk was to turn the toes out. My parents had not been observers of Nature and did not kno that a natural baby walks <sup>Figure</sup> 38 with the toes pointed strait ahed. I would much rather a child walkt pigeon-toed than walk with the toes turnd outward. When the toes ar turnd outward, the weight of the body is thrown inward and makes the foot rotate inward. This is the caus of falling arches, known as "flat foot."

A person who walks with his toes pointed strait ahed or pointing a littl inward cannot becum flatfooted. The arch wil not fall. So teach the children and everyone else to cultivate the habit of walking with the toes pointing strait ahed, which is the natural way.

Fig. 39 illustrates sum foot and ankl exercizes that ar of the utmost importance to everyone. These exercizes

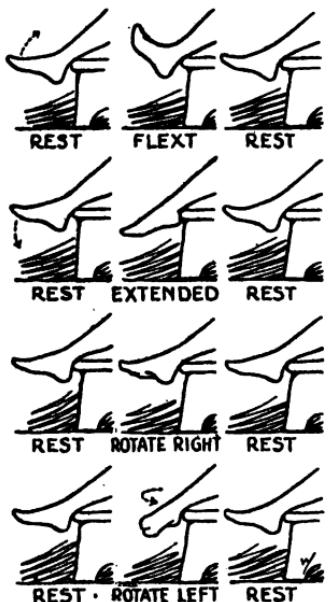


Figure 39

wil do more to keep a person's anklis and feet fit than any others.

The same plan is carrid out as for the eye and neck exercizes. To begin with, the foot is at rest as shown in Fig. 39. It is then flext under stres and brot back to rest relaxt. This flexion of the foot is repeated from ten to twenty times, each motion being carrid out slowly.

The next is to extend the foot, beginning first at rest and then extending it under stres, then allowing it to cum back to rest.

The next is to rotate the foot to the right, beginning at rest and rotating it under stres, and bringing it back to rest.

The next is to rotate the foot to the left, beginning at rest, rotating it under stres to the left, and then allowing it to cum back to rest.



Figure 40

Each one of these exercizes should be executed from ten to twenty times, having the mind wel fixt upon just what the exercize is for and just what yu want to do.

Fig. 40 shows the circular or rotary exercize of the foot. It is a blending of the four exercizes given above.

These exercizes, if carrid out correctly from ten to twenty times every nite and morning, wil keep the feet and anklis supl and in good condition, provided the foot has the proper kind of covering, and the proper method of walking is maintaind.

### *Sitting Attitude.*

The correct manner of sitting is of the utmost importance for everyone. The habit of slumping when sitting is unfortunately very general. This slumping or relaxt condition (Fig. 41) in sitting throws the abdomen downward and outward, and the chest forward, thereby



Figure 41



Figure 43

contracting the chest and producing relaxation of the abdominal musls with the concomitant tonic (relaxt) condition of the viscera. Many cases of uterin misplacement or prostatic congestion ar causd by this incorrect method of sitting.

Fig. 42 shows the correct method of sitting. It will be notist that the sholders ar thrown backward and the "pelvic bones" ar pusht against the back of the chair. Most of the rong positions in sitting ar causd by the rong construction of chairs. The old-fashond chair, which is illustrated in Fig. 43, makes it almost imperativ for a person to sit correctly.

(The chair here depicted is an accurate drawing of one that has been in my family for over a hundred years. Notis how the seat is constructed to *force* the buttocks backward against the back of the "beautifully strait" back. Fig. 43.)

At first it wil tire one to sit in the correct position, but after they becum accustomd to it, it wil not tire them any more than to sit in a slumping or incorrect position.

Sitting with the legs crost is another bad habit. It not only impedes the circulation, but changes the position of the pelvic bones in relation to the spinal colum.

Sitting on one foot is a very bad practis. It is not only ungainly but it is a very unhelthy position.

#### *Sleeping.*

Sleeping is a state of repose or

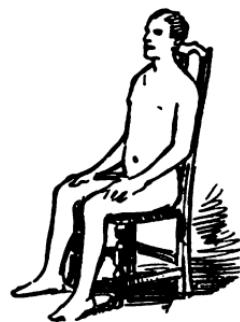


Figure 42

quiescence occurring particularly in man and animals, characterized by complete or partial unconsciousness, relaxt condition of body, and general diminution of vital functions.

*All life requires sleep.* In humans more or les sleep is required every twenty-four hours.

The more deeply any animal sleeps, the les energy is dissipated.

Light appears to influence rest or sleep to a great extent. Therefore one should sleep in a dark room.

Noise also affects sleep. Therefore one should sleep in as quiet surroundings as possibl. No one can *rest* in the same way, whether accustomd to it or not, where there is violent vibration (noise) about them.

Another condition that influences sleep is the magnetic forces of the erth, whether we see them, hear them, or feel them. Many peopl can sleep better grounded (passing a wire thru the bed either under the sheet, Fig. 44, or in contact with the body. This wire should be attacht to sum grounded metal such as gas pipe, water pipe or steam pipe). Sum hypersensitiv peopl can be cured of sleeplessness by this simpl procedure. This is not imagination and in sum of my other works I giv proofs to sho that it is of great importance with many peopl.

The *magnetic energies* hav other influences upon sleep, as is shown by the effect *direction* has upon sum persons while sleeping. As a rule, my advice is to hav a person with a lo blood pressure sleep with the hed to the north or south, while one with a high blood pressure should sleep with the hed to the east or west.

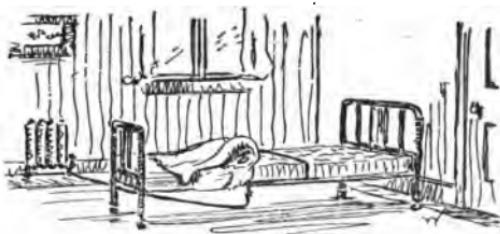


Figure 44

It is a very bad habit for a person to sleep lying on the back. For anyone who is liable to sleep on the back I would advise the use of a spool or piece of wood fastened to a band and worn around the waist (Fig. 45). Such a device will either awaken the person or make them turn over unconsciously, and will soon break them of the habit.



Figure 45

Cultivate the habit of sleeping without a pillow. Many times the pillow is the cause of many functional diseases. The head will often roll to one side of a pillow and thus strain the neck and thereby set up reflex vibrations that will affect the heart, stomach, bowels or any organ of the body. If one really needs a "pillow," the long "pillow," or *bolster*,

is the one to use. There is not much danger of rolling off a *bolster*. Probably sleeping on the abdomen is the most natural method, but all cannot do that because of habit or the shape of the body. Lying on the right side is preferable to lying on the left side.

Whether persons should sleep together is a mooted question. No doubt it is better for children to sleep by themselves. As to adults, it depends upon the temperament. Some can sleep better with another while others cannot. This subject is taken up quite extensively in some of my other works.

## DIETETICS

A sage once said, in substance, that if he knew what a man ate he could tel what manner of man he was. I would go a littl further and say, tel me what a man eats and *how* he eats it and I wil tel what manner of man he is. It is often not so much *what* a person eats as *how* he eats and his *mental attitude* while he is eating. These ar of great importance.

The tendency to abuse the good things of life seems to be inherent in man. *Often what wil be a blessing when used with discretion becums a menace to helth when used to excess.*

"Every creature that eats raw flesh is on the down grade."

"In Nature's boiling caldron, sheep held their own alone and unassisted amid the turbulence of savage nature."

Dietetics is a subject that everyone should kno. No one livils without eating. The trubl seems to be that the more peopl read regarding dietetics, the les they kno about it.

The subject is so complicated and so drawn out in the majority of textbooks that when a person has finisht reading them he throws up his hands and says: "It is all bosh."

We must forget that there is any such fool notation as the "calorie" for food. Forget about vitamins and everything else along that line, and get right down to ordinary horse sense.

We must forget all about what test tubes sho and what test meals of all kinds indicate, and what experiments upon animals illustrate.

The sooner we realize that we ar dealing with a human individual, the sooner we wil understand natural dietetics as aplied to *humans*.

The *temperament* of a person has 99 per cent. to do with the action of the stomach.

Stuffing persons to make them fat is ignorance. It has well been said that more people dig their graves with their teeth than die from famine.

In general, my advice to every patient is to lean toward a raw vegetable diet — raw vegetables, fruits and nuts.

As a rule, an over-nourished person requires fruits while a nervus person requires vegetables and herbs.

Do not wonder whether this or that will agree. Forget about that while eating. If in doubt, do not eat what you wonder about.

Do not try to figure out how many calories this or that contains. A hundred calories for one person might not be one calorie for another. Remember that calories mean the amount of heat generated by burning a certain amount of material. Dynamite is very high in calories.

Altho bread is known as the staff of life, it is more often a club (Fig. 46).

If one be grouchy and out of sorts, he should not eat. Food to the angry person is a poison.

Never be afraid to make a clown of yourself at the table. Jest and mirth at meal time are better than the best physicians' prescriptions.

Eat when in a happy mood. If the happy mood cannot be found, do not eat.

Do not try to read the news or anything else and eat. It is a fool's method of "saving time."



Figure 46

Appetite and hunger ar two very different conditions. When one is hungry, he can relish a crust of bred, but if he has simply an appetite he wil refuse it.

I hav no faith in the laboratory findings regarding food. Test-tube digestion is not stomach digestion, and altho the chemist may tel us that such and such foods contain such and such properties, yet these properties may not be developt in your stomach or in mine.

We all kno that food which wil agree with one person suffering with a certain complaint, wil make another suffering with the same complaint il. It is for that reason that dietetics can never be an *exact* science. We hav to deal with the *person*, and no two persons ar alike.

*Mix common sense of a good quality with your diet list.*  
In most diet lists that is omitted.

Man is the only animal that eats by the clock, eats when he is sick, and drinks when he is not thirsty. Every other animal, on the contrary, eats only when hungry, drinks only when thirsty, and *never* eats when it is sick — that is the way we kno it is sick.

There ar different theories regarding the time of eating. I think each one must arrange this according to his occupation. Personally I think it is better to eat a *littl* several times a day than to eat one or two enormous meals a day.

Sum say we should eat at specified times. Inasmuch as no other animal eats that way, I do not lay much stres upon it.

“Nibbling” all day indicates an inflamed stomach — dispepsia. As a rule, a “nibbler” wil eat two or three *large* meals in addition to the nibbling. Eating a *small* amount several times a day is better than engorging at regular intervals.

In short:

Do not mistake appetite for hunger.

Do not eat unless yu ar hungry.

Do not eat when yu ar il or feeling out of sorts.

**Do not eat more than enuf to satisfy your hunger.**

**Do not eat rapidly or yu cannot tel whether yu hav eaten enuf or too much.**

**Do not forget that every mouthful of food in excess of your requirements acts as a poison to the sistem.**

**Do not eat acid fruits with starches nor unnatural sweets.**

**Do not eat a great variety of foods at one meal — the nearer one can get to one clas of food at a meal, the better.**

**Do not wash your food down. Eat it as nearly dry as possibl.**

**Do not forget that the first act of digestion is putting the food into the mouth, and the next is thoroly masticating it.**

**Do not forget that time spent in chewing food is time wel spent.**

**Do not eat any food that yu do not like. As yu improve in helth yu wil find that yu wil like any natural food. Disliking certain foods is a sure indication that your digestiv apparatus is out of order.**

**Do not eat nor drink anything, unless as a remedy, within three hours before retiring.**

**Do not judge as to whether food has agreed with yu or not until three or four hours after having eaten it.**

**Do not eat anything that produces a feeling of fulness in the stomach or abdomen. The "ful" feeling is causd by fermentation, which produces alcohol and gas.**

**Do not eat meat. Boild or baked fish can be tolerated once or twice a week by most adults, but I would not advize it for children.**

**Do not eat pickld foods of any kind.**

**Do not eat any kind of vinegar. Lemon juice wil take the place of vinegars on green stuf, but should never be eaten at the same meal as starches or unnatural sweets.**

Do not eat any kind of fats as they ar not only unnecessary but hav a great tendency to disturb the functions of the liver.

Do not eat anything that yu fear wil hurt yu. Wait until the fear has gon. Remember *fear* is the worst dis-eas known to humans.

Do not eat salt, pepper or any other condiments.

Do not eat any fried foods.

Do not eat anything made of denatured (white) flour.

Do not eat yeast. It is a raising-mony fad.

Do not eat any refined sugar nor anything in which it is used. Honey is the most natural sweet.

Do not eat any gravies, nor anything thickend with flour.

Do not eat mushes of any kind.

Do not drink tea, coffee, chocolate or cocoa.

Do not eat or drink anything ice cold.

Do not drink anything very hot.

Do not drink any alcoholic liquors.

Do not use tobacco in any form.

Do not use cigarets nor any other dope.

Do not use pepsin digestants.

Do not eat anything that requires an artificial digestant or stimulant.

Generally speaking, eat twice as long as yu ar in the habit of doing, and eat only one-half as much as yu think yu need.

Do not place more food before yu than yu should eat for that meal unless yu can control your appetite regardless of what yu see.

Food is a poison to anyone with a fever. Hence, *never eat anything if suffering with a fever.*

Acid fruit juices ar often tolerated by one having a fever, but nothing else should be taken.

Feeding persons with a fever has kild more peopl than the fevers.

*Milk is a solid food and cow's milk is not a natural food for humans. Milk is intended for the yung of the animal that produces it, and only until the yung animal's stomach is so developt as to assimilate other food. After that time the mother naturally ceases secreting milk.*

*Natural milk never cums in contact with the air. If it cums in contact with the air it is no longer natural.*

*It is unnatural for the animal to giv milk beyond such a time as the yung is weand. Making a milk factory of a cow is a most unnatural procedure, and the product cannot be recommended as food for the yung of any species. Perhaps older ones can stand it, or liv in spite of it.*

*The milk of any animal is affected by the mental or nervus condition of the animal. Therefore milk from a nervus or worrid cow wil hav a tendency to make the child that takes it the same. This has been proved to be a fact, and milk from a nervus cow wil make a child sick and wil change its temperament.\* (Condenst milk is not fit for a baby or a child.)*

*The pasteurizing of milk was originated in order that filthy milk could be kept a long time. It was not "discoverd" for the good of anyone except the ones commercially interested in it. I kno of what I speak.*

*The only milk that is fit for an infant is that from its own mother, and that is its natural and best food. If, however, this cannot be obtaind, raw fruit juices and raw vegetabl juices (not given together) ar the best substitutes.*

*Egs, if correctly prepared, may be good for sum persons, but they ar liabl to do much harm if given to an infant or child.*

*Raw egs ar very hard to digest, and many cannot*

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\*The Seventeenth edition of "*The Natural Way or My Work*" goes into the biological element in milk quite fully, and cites actual experiments to prove that the temperament of a person partaking of a biological product is influenst by the temperament of the animal producing same.

digest them at all. They ar an antidote for poisons that ar quickly absorbd.

A cold eg is quite easily digested by sum. They ar prepared by putting them unbroken into boiling water, taking the pan off the fire, and allowing them to stand in this water eight to ten minits.

*Eggs prepared in the folloing manner ar more easily digested than when prepared in any other manner.*

Place a quart bowl in a pan of water and let the water cum to a boil. Take away from the fire and into the bowl break two eggs. Begin beating them immediately with a Dover eg beater and continue the beating until the eggs fil the bowl, which wil take about three minits. If a tablspoonful of water is added to the eggs, they wil beat more easily and quickly. A piece of butter the size of an English walnut or a tablspoonful of oliv oil, can be placed in the bowl and melted before the eggs ar broken into it. Any flavor such as garlic, onion, or any of the extracts can be added if desired.

Eggs so prepared should be eaten immediately after the beating is discontinued.

When prepared in this manner, the albuminus film is mixt with air and thrown up against the hot bowl. In this way the chemical properties, or vitamins, of the eggs ar not very much changed.

*Cereals* ar very hard for the human stomac to digest, and therefore should be eaten sparingly and masticated very thoroly.

Sum advocate the use of raw cereals, but my experience is that it takes a very strong stomac of a very strong person who livils and works in the open to digest raw cereals.

If the cereals ar cookt, their natural salts ar changed, and the cookt cereals hav a tendency to ferment in the bowels and caus gas.

*White or denatured flour* acts as a poison to the sistem and cannot be condemd enuf.

Toasted bred is a remedy for diarrhea and is therefore constipating.

Bred, if eaten at all, should be made from the *whole* grain and should not be eaten until twenty-four hours

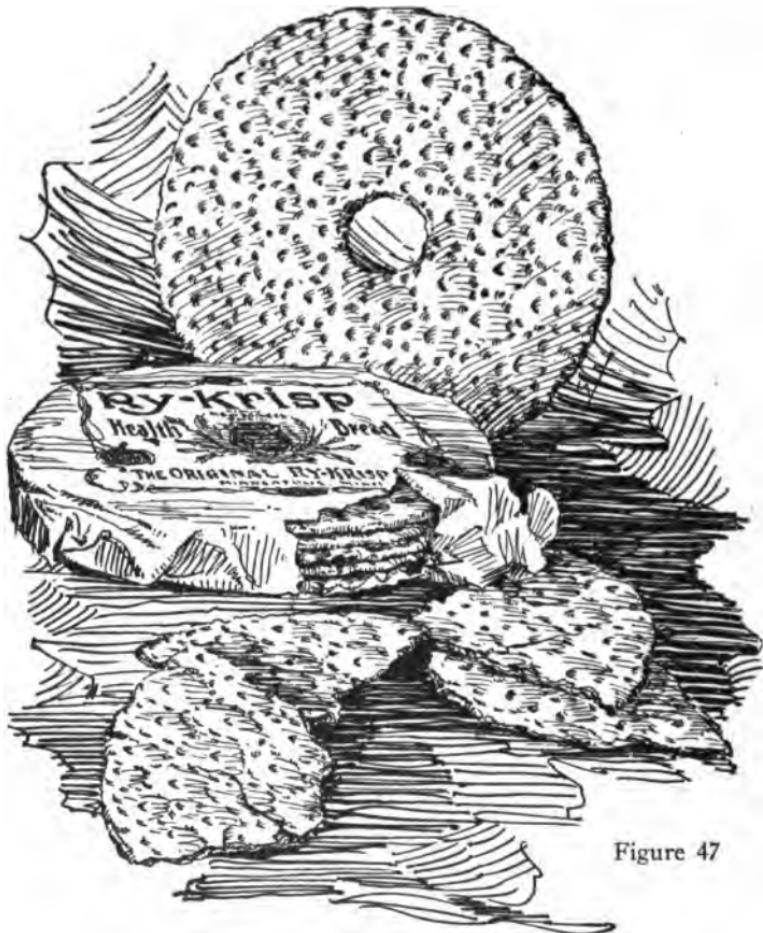


Figure 47

after it has been *slowly* baked. Unleavened bread is preferable to that with yeast in it.

Shredded-wheat biscuit is the best form in which wheat can be eaten.

"Ry-Krisp," manufactured by the Original Ry-Krisp Co., Minneapolis, Minn., I believe is the best rye product made for food. In many respects rye so prepared is better than wheat (Fig. 47).

Both of these products are well dextrinized and free from yeast. If they are eaten dry, they must be thoroughly masticated before they can be swallowed, and a very little goes a long ways.

Butter can be added to either of these products, but to add cream or milk to them injures them, inasmuch as they are not so well chewed when soaked in liquids. They should be eaten dry and if one is not hungry enough to eat wheat or rye prepared in this manner, they should let it alone.

THE LOS ANGELES TIMES has one of the largest circulations of any daily newspaper in the world. It is said that the Sunday edition of *The Los Angeles Times* has the largest circulation of any Sunday paper in the world. Many persons from all parts of the world take the Sunday edition of *The Los Angeles Times* in order that they may get the Magazine Section. They want this magazine section because of the department entitled, "THE CARE OF THE BODY." This department is conducted by that friend of humanity and lover of Nature, DR. HARRY ELLINGTON BROOK of Los Angeles.

If the Health Department in every magazine, or even in half the magazines published in the United States were conducted by a man with the rare insight in matters of health and disease that Dr. Brook has, there would be no need of health boards nor one-half the number of physicians there are at present.

Poisoning of the body by dopes of all kinds, whether thru the skin or by the mouth, would be done away with, and in place of "health" boards *sanitary engineers* would look after the welfare of the people. This would be an

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\*Taken from the Seventeenth Edition of my book entitled, "The Natural Way or My Work."

ideal state of affairs because *sanitary engineers*, as Dr. Brook has so often told his readers, are all the public need to protect them from diseases.

I feel that this section on Dietetics would not be complete unless I add a few words from Dr. Brook, whom I esteem very highly, and whose courage in fighting for the good of humanity is reaping such wonderful results. I asked Dr. Brook if he would contribute something to this section, and the following is from his pen.

### DIET AND DIS-EAS

While nearly all disease is due to wrong eating, some ailments, more than others, may be traced to dietary sins.

Cancer and gall stones are due to consumption of more protein food—meat, fish, fowl, eggs, cheese, beans, etc.—than can be assimilated. Tuberculosis is due largely to the lack of mineral elements in the food, and to over-consumption of starch and meat.

Reumatism is mainly due to auto-intoxication and uric acid. Catar, asthma, adenoids and tonsilitis are mainly due to over-consumption of starch, dairy products and sugar. Indeed, most of the diseases of children may be traced to the over-eating of starches and sweets.

Leprosy and beriberi are due to absence of necessary organic salts in the food, as, for instance, the absence of iron in fish and coconuts, and the deficiency of mineral matter in polished rice.

“Colds” (which are fevers) and that more severe form of “cold”—neumonia—are due to over-eating. Other ailments, such as nervus collapse under various popular names—“neurasthenia,” “paresis,” “locomotor ataxia”—are due to excesses.

Even when right foods are eaten, and in moderate quantity, harm may be done by mixing up at the same time a number of foods antagonistic to each other.

This does not mean a person should never indulge his stomach. It means that if a person habitually and per-

sistently livils to eat, insted of eating to liv, he wil hav to pay.

*When yu ar sick, the thing to do is not to "take sum-  
thing," whether medicin or food, but to cease taking  
that which has been making yu sick.*

Dietists differ greatly in the advice they giv the public, and thus, those who hav made no study of the subject becum confused, and perhaps say: "Oh, what's the use?"

These three simpl facts stand out, like rocks in a turbid stream, to all who hav devoted long and conscientious study to the subject of food:

(1) All unnatural foods harm the sistem, by gradually unbalancing the functions. Unnatural foods ar those that hav been deprived of part of their constituents, as white bred, or refined cane sugar, or vegetables from which the juice has been discarded.

(2) Yu should eat only when yu ar hungry, not when yu merely "hav a good appetite," which is usually a bad appetite, due to an inflamed condition of the stomach.

(3) Yu should eat only enuf to satisfy real hunger. Every ounce eaten over that amount is a slo poison, upsetting the digestion if it be weak, or storing up waste in the body, if the digestion be strong.

(4) There is no "specific" food that wil "do yu good" any more than there is a "specific" dope, that wil make yu wel, after yu hav becum sick by breaking the laws of Nature.

Harry Ellington Brook N.D.

## RAW FOOD vs. COOKT FOOD

I would not want my readers to think that I object to my patients eating anything except raw food. However, experience has taut me that the nearer one adheres to a totally raw-food diet, the better his helth wil be, and the greater wil be his resistance.

If persons hav a mixt diet of raw and cookt food, they should eat their acid fruits for brekfast, and nothing else; the cookt food for another meal; and the uncookt food for another meal. In other words, it is not a good plan to hav a meal consist of raw vegetabls and cookt vegetabls, but one could hav a meal of cookt vegetabls with raw garden herbs such as lettis, celery, spinach, beet tops or parsly.

However, the all-raw-food diet is better, and if one becums accustomd to the raw-food diet, he wil never be satisfied with cookt food. Cookt food wil ferment in the stomach and intestins, while raw food wil not when the stomach and bowels ar gotten in good condition.

While breaking away from the old method of eating, sum wil take their acid fruits for brekfast, cookt vegetabls for the midday meal, and raw garden herbs and non-acid fruits (figs, dates, raisins and prunes) for the evening meal. Or they can change and hav the cookt food for the evening meal and the raw food for the midday meal.

If one eats cookt vegetabls and raw vegetabls at the same meal, they should eat the raw vegetabls first.

Experiments with cookt foods hav been made with animals. Rabbits, guinea pigs and similar animals wil die within a few months if fed only cookt food. Hogs fed on cookt food for a few months wil hav colera. Cows fed on cookt food wil cease giving milk and wil hav lumps under their skin and soon waste away and be useless. Horses fed on cookt food for several months wil lose all their pep and be valueless.

All animals, humans included, wer evolvd with *raw* food as their *natural* food. It is only by perverting our nature that we hav becum accustomd to eating cookt food.

Seasoning food up to make it appetizing creates a false appetite and induces one to eat more than they should. One ounce of raw food givs more nourishment than five times its weight in cookt food. Sum say that one ounce of raw food is more beneficial than sixteen ounces of cookt food. With sum persons, sixteen ounces of cookt food would act as a poison, while one ounce of raw food would all be utilized by the sistem and consequently be of more value.

From an economic standpoint, raw food is in a clas by itself. The amount of waste in cooking food is enor-mus. I hav had patients who wer eating from \$6.00 to \$10.00 worth of food a day who hav livd on raw food for les than thirty cents a day and they had better helth. It is a common experience with my patients to be abl to liv on a raw diet at one-tenth the expense of cookt food. One dollar's worth of food, if judiciously selected and eaten raw, wil keep a person in better condition than ten dollars' worth of cookt food.

After living six months on a raw diet, the craving for fancy dishes ceases as wel as the craving for all food that has been de-natured. The vitamins ar destroyd by cooking and the sistem craves sumthing which is sought for in all kinds of "delicacies" and irritating foods.

*Vitamins* ar the natural salts in natural combination. Any process of cooking changes the natural combination of the salts, and therefore destroys the vitamins.

Most of the solubl salts in uncookt food ar made insolubl by cooking.

A great deal could beritten on the reasons for omitting common *salt* (sodium clorid) from one's diet. (See page 114.) Peopl crave salt becaus the food is cookt. Within one week's time, a person eating nothing but raw food wil find that salt is unsavory.

Nine-tenths of the animal kingdom liv and thrive on raw food without the addition of salt. The salt manufacturers say that animals crave it, but that is not true except in a few sections where pregnant deer wil seek the "salt licks" during the winter becaus the sno has coverd certain foods that they crave. These "salt licks" also contain many minerals besides sodium clorid. Animals wil also get in the habit of eating salt the same as humans.

Horses and cows fed on natural food without any salt ar more helthy and wil resist diseas better than animals that ar given salt. During the great epidemic of epizoötic several years ago, horses that had never been fed with artificial salt did not take the diseas.

Salt added to the food changes the osmotic pressure (capillary attraction thru animal membrane of liquids of different densities) in the body.

Many cases of catar ar entirely cured by omitting salt.

A person who eats a great deal of salt is almost sure to hav hardening of the arteries (arterio-sclerosis).

Salt is a slo poison and all the craving for salt would be eliminated if one ate only raw food.

*Good illustrations to sho why food should not be cookt ar the folloing:*

A watch spring is temperd steel and no chemist can tel the difference between a temperd spring and one that has been heated. Heating takes out the spring or temper.

A piece of magnetized steel wil attract a needl. Heat it and the magnetism is destroyd. No chemist can tel by analisis the difference between the magnetized steel and the one that is not.

Just so with food. If it be cookt its "spring" or its "magnetic properties" (sunlight and the natural forces of the erth) ar destroyd. In other words, we hav driven out the life or "pep" and only ded material remains.

Another comparison is seen by putting fresh coal or cinders on the fire. If one wants to make the fire burn

he puts on coal, but if he wants to bank the fire, he puts on cinders. The one givs life while the other smothers the fire.

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### "IF"

If yu can keep your hed when all about yu  
Ar losing theirs and blaming it on yu;  
If yu can trust yourself when all men dout yu,  
But make allowance for their douting too;  
If yu can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't giv way to hating,  
And yet don't look too good, nor talk too wize;

If yu can dream—and not make dreams your master;  
If yu can think—and not make thots your aim;  
If yu can meet with Triumf and Disaster  
And treat those two Impostors just the same;  
If yu can bear to hear the truth yu've spoken  
Twisted by naves to make a trap for fools,  
Or watch the things yu gave your life to, broken,  
And stoop and bild 'em up with worn-out tools;

If yu can make one heap of all your winnings  
And risk it on one turn of pitch-and-tos,  
And lose, and start again at your beginnings  
And never breathe a word about your los;  
If yu can force your hart and nerv and sinew  
To serv your turn long after they ar gon,  
And so hold on when there is nothing in yu  
Except the *Wil* which says to them: "Hold on";

If yu can talk with crowds and keep your virtue  
Or walk with Kings—nor lose the common tuch,  
If neither foes nor loving frends can hurt yu,  
If all men count with yu, but not too much;  
If yu can fil the unforgiving minit  
With sixty seconds' worth of distance run,  
Yours is the Erth and everything that's in it,  
And—which is more—yu'l be a Man, my son.

—Rudyard Kipling.

### *Dried, Dessicated, or De-hydrated Foods.\**

In sum seasons of the year, and in sum parts of the country, certain vegetables and fruits cannot be obtained. In such instances I would suggest the use of dried, dessicated or de-hydrated vegetables and fruits.

Do not use foods that are preserved in liquids because such have been de-natured to make them keep. Vegetables and fruits that are dried in the open air in a *natural* manner are better than those dried by a forced process. However, we cannot always obtain at all times of the year just what we would like, and fruits and vegetables dried by the natural processes require so much time that it is not practical commercially. There are artificial methods of drying, dessicating or de-hydrating vegetables and fruits that preserve nearly all the natural salts in natural combination (vitamins). In California a great industry is being established for de-hydrating and dessicating foods.

All vegetables and the majority of fruits can be de-hydrated in such a manner that they will keep for years. By this process the water is practically all removed from them. The only water that remains is in the same proportion as it is in the air. Even if all the water is removed and the vegetables or fruits are exposed to the air, they will absorb from the air a certain amount of moisture.

If any process of drying, dessicating or de-hydrating is employed that requires a degree of heat higher than 120° F. some of the properties in the food are changed.

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\*Carqué Pure Food Co., Inc., Los Angeles, Calif., specializes in dried fruits and nuts of all kinds.

## *General Considerations.*

As a rule, when one changes from an unnatural diet to a natural diet, it is best to go on a "water fast" for from one to six days. Break the fast by eating orange juice, six ounces three times a day for three days. Then gradually add such food as garden herbs. Within one week after such a fast one becomes accustomed to the raw food, and as the inflammatory condition of the digestive tract subsides, the raw food will become more and more appetizing.

The preparation of raw foods has a great deal to do with their attractiveness. (See pp. 88-94.) Carrots can be grated or shredded. Green peas can be put thru a shredder and when they are put in the center of a dish of grated carrots it makes a very appetizing and attractive looking dish.

Sliced tomatoes served on a plate with pieces of cauliflower, lettuce, watercress, or parsley, have a very attractive appearance.

Nasturtiums, pansies, marigolds, calendulas, chrysanthemums, violets, sweet peas, etc., are good to eat and can be used as dressings for raw foods.

If a person's stomach cannot tolerate the raw food at first, a "juicer" can be employed. This grinds the vegetables and squeezes the juice out. In this manner the juice can be extracted from rhubarb and diluted one-half to two-thirds with water, and a teaspoonful of honey added to each six-ounce glass of liquid. This makes a fine drink.

If one desires a hot drink or bouillon, there is nothing better than *Vegex* or *Herb-ex*.\* The former is a paste, the latter a liquid. These are made from vegetables and herbs without applying heat. A quarter teaspoonful of the paste, or a teaspoonful of the liquid, added to a cup of water of the right temperature to drink, makes a most

\**Vegex* (*Marmite*) is distributed by Marmite Incorporated of America, Boston, Mass. *Herb-Ex* is distributed by Pure Food Factory, "Hansa," Mamaroneck, N. Y.

delicious substitute for "beef extract" or any other meat bouillon. To these can be added raw carrots, raw beets or juices from any vegetables, making a hot, raw vegetable soup. This makes a very good article of diet if eaten in moderation.

Cottage cheese is very good and can be eaten with raisins, dates or prunes, but it should not be eaten in any great quantity.

Nuts, cottage cheese and regular cheese take the place of meat, but because of their high proteid contents should be eaten sparingly. Two tablespoonfuls of hickory-nut meats, English walnut meats, or pecan meats, or almonds, are enough at any one meal.

Nuts can be eaten with any kind of fruit, but acid fruits should never be eaten with vegetables nor with peanuts. (Peanuts are not nuts, but belong to the legume family—peas, beans and lentils.)

Peanuts make one of the best foods if eaten in moderation, but they should not be roasted. The best way to prepare them is to steam them enough to soften the shells and shucks so they will come off easily. Then dry them in a slow oven or in the sun, and eat without salt. These are known as *unsalted, blanched peanuts*.

A good concentrated food is the following *fruit and nut paste*. Take one pound or fraction thereof of:

Dried Prunes

Dried Dates without sirup

Seedless Raisins

English walnut meats or other nut meats

Peanuts—not roasted

(With the walnuts can be added one-half pound of pecans, filberts, or pistachio nuts.)

Stone the prunes, mix all together, and put them through a meat chopper two or three times. This makes a balanced ration and can be eaten daily with raw vegetables and herbs such as raw alfalfa, lettuce, spinach, dandelions, cauliflower, cabbage, celery, tomatoes, etc.

If peanuts ar added, it should not be eaten with acid fruits nor tomatoes.

If anyone is constipated "senna prunes" can be added in place of the dried prunes.

*Senna prunes* ar prepared as follos:

Over one ounce of senna leavs pour one quart of boiling water. Let stand two hours and strain, throwing away the leavs. To the clear part ad one pound of wel-washt prunes. Let them soak over nite.

Cook them in the same water over a very slo fire for about twenty minits. Ad water to make up for what evaporates. (Or it can be simmerd down to make a sirup.)

If water has not been simmerd to a sirup, ad two tablspoonfuls of hony after water is lukewarm.

Eat one prune and a littl of the juice after each meal, or eat one, two or three after the evening meal. Graduate the amount of prunes and juice according to looseness of bowels.

For a *tonic* no food is better than the blossoms and small leavs of *alfalfa* or *red clover*. A small quantity of these eaten every day is better than any other tonic that I kno of. Every debilitated person can derive great benefit from eating them. If one objects to the taste of alfalfa or clover, they can mix it with cottage cheese or garden mint or tomatoes.

Raw spinach cums next in mineral and tonic properties. Next cum water cres, lettis, celery, beet tops, Swiss chard, raw cabbage, dandelions, etc.

A small handful of raw parsly should be eaten every day. It has a most beneficial effect upon the urinary tract.

*Bananas* I cannot recommend as a food unless they be eaten in the cuntry where they gro. The bananas found at places distant from where they gro ar pickt green and then sloly ripend in the dark. Such bananas ar very hard to digest and ar not assimilated by the average person. They giv a "ful feeling" and "stand by" a long time.

The reason for this is that, like boild cabbage, they ar very indigestibl, and in fact very littl of them is digested.

A baked banana is much more easily digested than a raw one, but during the baking process the natural salts (vitamins) hav been destroyd. Therefore the best part of the food has been lost.

Apls, if ripend on the tree, ar delicious and helthful, but those that ar pickt green and put into cold storage form gas in the stomach and bowels. One must eat apls cautiously and if they disagree, let them alone. Sum varieties ar far more digestibl than others.

I am often askt if it is harmful to lie down after eating. To this I anser, "*Go to Nature and ask her.*" Every other animal lies down after eating if it can. Our helth would be much improved if we could lie down and *relax* after eating. The habit of eating and then getting up and going to work (either fisical or mental) is entirely rong. *Relaxation of fifteen minits after a meal is better than all the tonics known.*

If a person feel sleepy after eating, do not be afraid that he wil hav "apoplexy," becaus there is no danger unless he has stuft. Stuffing is not conduciv to helth, and it is bad manners.

## HELPFUL HELTH HINTS—Resumé

Use no cigarettes, tobacco, alcohol nor other dope.

Use no salt, pepper, vinegar, tea, coffee, chocolate, cocoa, refined sugar nor refined flour.

Never eat acid fruits with starches or sugars.

Never eat nor drink anything ice cold or very hot.

Hony is a natural sweet if not cookt.

One glas of unstraind *orange juice*, if taken alone, givs twice as much real nourishment as the same amount of fresh milk.

As much as possibl eat only one clas of food at each meal — for exampl, citrus fruits for brekfast and nothing else, and raw vegetables for the midday meal and supper.

Remember one ounce of raw food givs more life and energy to the body than many times the same amount of cookt food. Raw, natural food contains the natural salts in natural combination (vitamins) but if cookt, the solubl salts ar made insolubl and their natural, life-giving combinations ar changed into abnormal combinations, which caus the sistem to crave more and more abnormal foods. Abnormal foods ferment in the stomach or bowels and produce gas. Gas creates distention, leading to catar, gastritis, colitis, proctitis, pelvic inflammation, constipation, diarrhea, auto-intoxication, reumatism, neuritis, palpitation of the hart, nervusness, trembling, etc.

Humans ar the only animals that eat by the clock, eat when sick, or drink becaus they ar told to do so.

Eat only when hungry. Drink only when thirsty.

Never eat when sick, especially when sick with a fever.

*Be cheerful.*

*Do not be afraid.* Fear is the worst dis-ease known.

## YEAST AS A “FOOD”

At the present time when the breweries ar trying to camouflage the public into using yeastcakes, it is apropos to say a few words regarding them.

Yeast, such as is turnd out by the breweries, is not a fit articl for food and I cannot condem it enuf. Many persons having the degree of M. D. ar being employd by the breweries to rite very flattering testimonials regarding the beneficial effects of yeast as a food. This is miserabl, commercialized propaganda, and it is a blot upon the medical profession to believ such reports.

Sum of my patients, being influenst by such literature, hav eaten two or three comprest yeastcakes a day along with their other food. Within a month or six weeks they broke out with boils about the neck and buttocks.

The only claim that any of this literature has to make in favor of the yeast is that it contains "vitamins." A tablspoonful of raw cabbage contains far more vitamins than a comprest yeast cake and there is no comparison as to the food value of the two.

There ar only about 50 pounds of *real food* in 2,000 pounds of brewers' yeast.

*Yeast is not fit to eat.* The only use for yeast is to ferment sugar, thus producing carbon-dioxid gas for making bred light or carbonating certain liquids containing sugar. Yeast raises bred by fermenting sugar and producing gas. What can one expect yeast wil do in the stomach? Yeast fermentation in the stomach is just what we all try to avoid.

Just as I am riting the above my attention is cald to a very abl articl by a competent physician and chemist, setting forth that yeast as it is sent out from the breweries is to be vigorously condemd as a food, but if it be put thru a certain process for extracting certain objectionabl prop-  
erties, it can then be made suitabl. He states that he has discoverd a method for doing this and would advize persons to eat his "sientifically prepared yeast" rather than the commercial yeast. So it goes. Commercialism is back of all the yeast, or denatured yeast, propaganda. My advice is to let *yeast* alone.

## UNFIRED AND FIRED FOODS COMPARED\*

### Advantageus Food

### Disadvantageus Food

#### PROTEIDS

Unfired nuts and legumes neutralize and absorb the acids of the stomach and prevent stomach fermentation. They do not endanger the sistem with proteid poisoning, since the gastric juices determine the quality of their protein required and to be absorbd. Unfired protein has a wholesum chemical constitution after it is digested and absorbd.

*Cookt and baked legumes and nuts hav lost their alkalin activity and tend to putrid fermentation in the stomach and ar sure to decay in the intestins, and the resulting gases caus auto-intoxication (self poisoning) and constipation. The portion absorbd is chemically so abnormal that it generally breaks down into destruktiv poisons and uric acid.*

#### STARCHES

Unfired starch as it cumns from the hand of Nature in cereals and roots is in the most perfect form for food. Cereals ar best eaten dry to insure proper ensalivation to initiate perfect digestion. With unfired starch the saliva and small intestins can regulate the quantity required to be changed into sugar for absorption. The refused portion of unfired starch does not becum injurius to the sistem as it does not redily ferment or decay.

*Cookt and predigested starch is changed into solubl starch and glucose. In this unnatural form it is too freely absorbd and thus it oversaturates the blood. This condition compels an overdraft on the oxigen in the blood and then it burdens the organs of respiration. When the stomach and intestins refuse to absorb this unnatural starch it ferments and causes as much trubl in another way. Cookt starch is too much predisposed to ferment and decay.*

\*Extracts from Dr. Drews' "Unfired Food," publisht by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

## Advantageous Food

## Disadvantageous Food

### SUGAR

Unfired fruit sugar cannot be improved as it is sun-digested and ready for immediate absorption. It is Nature's harmless stimulant and it readily transforms into glycogen (a muscular lubricant). Sweet, fresh and dried fruits, St. John's bread, sweet-root, sugar-cane piths, fresh maple-juice and honey are wholesome sweets. Honey is the only harmless concentrated sugar.

Sun-digested sugars are "Sun-Kist" and carry sunlight and joy with them. They produce the "smile that won't cum off."

All cooked sweets are unwholesome because their sugar molecule is rendered inorganic. Cane sugar and candy irritate the walls of the alimentary canal and give rise to a profuse flow of mucus and thus initiate stomach catarrh. Cooked sweets and preserves retard stomach digestion and help to ferment the foods eaten with them. All cooked sugar absorbed into the circulation becomes a burden to the liver before it can be utilized. Cooked sugar is a potent cause for colitis.

### OILS

The oils in unfired nuts and cereals are soluble and emulsifiable in the gastric juices.

Baking and roasting fuses the oils and renders them harder to digest and emulsify. Fused oils are hard on the liver.

### SALINE MATTER—(Vitamins)

The organic salts in unfired foods are as important as all the other food elements combined. They constitute tissue bases, oxidizing agents, acid binders and eliminating agents. They are Nature's tonic elements. Upon them depends the healthy construction of every tissue and cell in the human body. Salad herbs

Cooking changes the most important organic salts into inorganic forms. The boiling fluids which contain a rich solution of the inorganic salts are generally cast away. Any artificial heat greater than that supplied by the sun tends to change and break up the atomic arrangement of the organic molecules and generally frees and neutralizes the

**Advantageus Food**  
are the richest in organic salts  
and next in order cum roots  
and fruits.

**Disadvantageus Food**  
*most important basic atoms.*  
*All unorganized salts become*  
*irritants in the human body.*

### CELLULOSE

Every natural food has its required proportion of cellulose or indigestible fiber. Cellulose helps to grind and emulsify the food in the intestines. By means of the cellulose the intestines are better able to move and transport the food material. It develops the peristaltic muscles by giving them resistance, and also stimulates the peristaltic activity. Last but not least, it eliminates waste poisons from the intestinal canal by absorbing the poisons and carrying them along. Herbs and roots uncooked contain the most useful cellulose, and that in the outer coating of cereals must not be forgotten.

Cooked cellulose has lost most of its intended usefulness. Cooking renders the cellulose either too soft, slippery, gummy or fused. Such cellulose tends to produce constipation by binding the fecal matter. Cellulose is often so well cooked that it readily undergoes fermentation and decay. Cooked foods generally promote the very unfavorable conditions which are prevented by unfired foods.

### CHLOROPHYLL

Uncooked green herbs are most valuable for their chlorophyll, which is related to the proteids and has similar virtues. It is especially useful in preventing intestinal fermentation.

Cooked chlorophyll has lost its chemical virtues and counts only as bulk.

### CONCLUSION

All unfired fruits, herbs, roots, nuts and cereals that appeal to man's unperverted senses of alimentation are natural and wholesome foods.

All foods that are cooked, baked, roasted, pickled and spiced are certainly not natural and always tend to be unwholesome.

## RAW FOODS AND THEIR COMBINATIONS

The following is a list of such foods as should be eaten raw. One need not be afraid of the combinations if they will remember the one great essential, namely, to *eat no acid fruits with starches or unnatural sweets*. (Honey is a natural sweet).

- Nuts combine well with all other foods. (Peanuts are not nuts but belong to the legume family and are classed with peas, beans, and lentils.)

The salads such as lettuce, Swiss chard, watercress, parsley, etc., combine well with all other foods.

Figs, dates, prunes, and raisins are neutral fruits (natural sweets) and can be eaten with any of the other foods.

Oranges, grapefruit, lemons, limes, apples, pineapples, tomatoes, etc., should be eaten by themselves or combined with the salads and nuts (not peanuts).

Acid drinks such as rhubarb juice, berry juice and juice from fresh grapes and acid-fruit juices should not be taken with unnatural sweets or starches.

Proteins such as nuts, cottage cheese, or other cheese, combine well with any other class of food if eaten in moderation.

The following is a partial list of foods that can be and should be eaten raw, but too great a variety should not be eaten at one meal\*

*Salad Herbs* — can be eaten with acid fruits.

Alfalfa	Cauliflower	Dock
Asparagus	Celery	Egg Plant
Beans (string)	Clover	Endive
Beet tops	Dandelion	Fennel
Cabbage	Dill	Leek

\*I would advise all those who wish to further study raw foods to get the matchless book entitled "*Unfired Food and Trophotherapy*" by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

Lettis	Parsly	Sorrel
Mint	Pimpinella	Spinach
Mugwort	Plantain	Sprouts, Brussels
Mustard	Portulaca	Summer Savory
Okra	Rampion	Swiss Chard
Onion (yung)	Rubarb Stalks	Watercress
Onion Tops	(The leavs ar poisonus)	

*Salad Roots* — not to be eaten with acid fruits.

Artichokes	Dahlia tubers	Potatoes
Beets	Horseradish	Radishes
Carrots	Kohlrabi	Rutabagas
Corn, green	Onion (matured)	Sweet Potatoes
Celeriac	Oyster Plant	Turnips
	Parsnips	

*Legumes* — not to be eaten with acid fruits.

Lentils	Navy Beans
Lima Beans	Peas
Peanuts	

*Cereals* — not to be eaten with acid fruits.

Barly	Corn	Rye
Buckwheat	Oats	Wheat
	Rice	

*Nuts*—can be eaten with any other food, if in moderation.

Almonds	Coconuts	Pine nuts
Brazil Nuts	Filberts or hazelnuts	Pistachio
Butternuts	Hickory nuts	Walnuts, Black
Chestnuts		Walnuts, English
	Pecans	

*Fruits.*

*Acid Fruits* — not to be eaten with unnatural sweets, starches, legumes or roots — can be eaten with nuts and salad herbs.

Apls	Grapes	Pears
Apricots	Grape Fruit	Persimmons
Berries	Lemons	Pineapls
Cherries	Limes	Plums
Cucumbers	Nectarines	Pomegranates
Currants	Oranges	Tomatoes
Gooseberries	Peaches	

*Neutral Fruits* — can be eaten with any other class of food.

Dates	Melons	Raisins
Figs	Prunes	Squash
	Pumpkins	

*Flowers that can be used in salads.*

Alfalfa flowers	Marigolds	Stocks
Clover blossoms	Nasturtiums	Sweet Alyssum
Crysanthemums	Oxalis	Sweet Peas
Dandelions	Pansies	Verbena
Forget-me-nots	Roselle buds	Waterlily
Hollyhocks	Rose of Sharon	Zinnia
Ice Plant	Sheperd's Purse	

## THE PREPARATION OF RAW FOODS\*

The art of preparing raw food so as to make it attractive and appetizing can be very easily cultivated. One can use a great deal of ingenuity in arranging food so as to please the eye. Some people are so constituted that a raw potato, carrot, turnip, etc. looks inviting, while to others it would be repulsive unless they were extremely hungry.

Almost any food can be prepared with a sharp knife, and a chopping bowl and knife, but there are utensils that will greatly facilitate this work.

Fig. 48 illustrates a *food chopper* that can be procured from any house-furnishing store. With this chopper there are various discs so one can chop the food coarse or fine, or they can flake it. Nuts, for example, can be flaked with such a utensil.

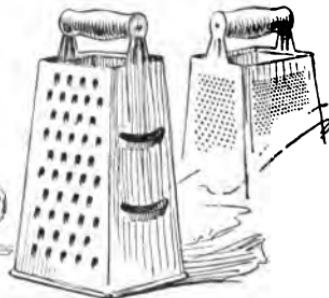
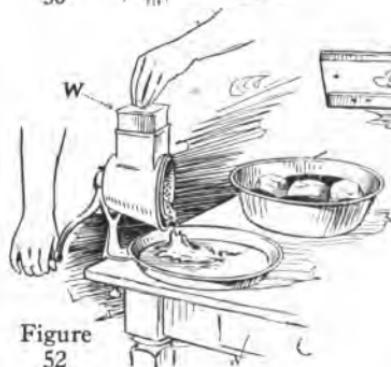
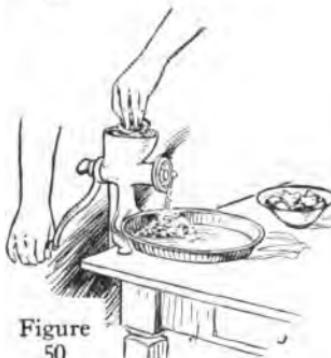
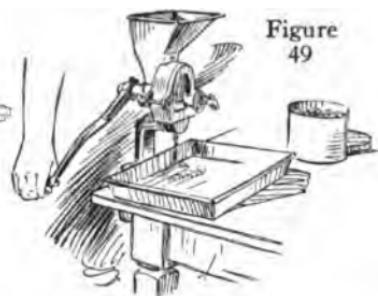
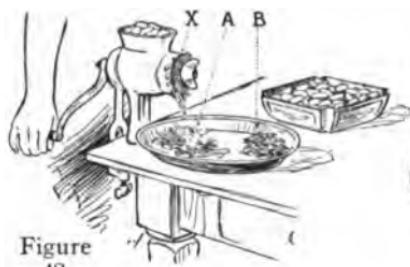
Carrots, green peas, green beans, turnips, potatoes, ground artichokes, onions, nuts, dates, figs, dried prunes, etc., can be ground or "chopped" with this instrument.

X in Fig. 48 shows a reversible disc used for flaking nuts and peanuts. When one side of this disc is used the nuts come out looking like string macaroni (A). When the other side is used, the nuts come out looking like vermicelli (B). This is what is known as a *flaking disc* and comes with this style of food chopper.

For preparing grains or dried legumes, a little *hand mill* illustrated in Fig. 49 can be used.

Fig. 50 illustrates Dr. Drew's *flaker* or *bromer*. This is used for flaking nuts, peanuts, lentils and grains. It is also used for mixing such articles as grains and honey for making unfired piecrust. There are many uses to which

\*One who prepares *cooked* food is a *cook*, but one who prepares *raw* food is known as a "*troph*" (trof), from the Greek word meaning to feed. "*Brom*" from the Greek word meaning food, means an unfired cake. A "*bromer*" signifies a machine for "*broming*," or shredding. Any of the utensils herein illustrated to be utilized by a *trof* in preparing raw foods can be had from Dr. George J. Drews, 1910 N. Harding Ave., Chicago, Ill., or they can be procured thru your dealer.



it can be put and I would advize anyone who wishes to prepare raw food in a tasty manner to get one of these utensils.

This Fig. 50 shows the *flaker*, or bromer, flaking coconut, which is broken up as illustrated in the sketch.

Fig. 51 illustrates a *fruit juicer*. This is a very simpl utensil and of inestimabl value for extracting the juices from vegetabl and fruits. It grinds or chops the fruit or vegetabl and pushes the ground substance into a compartment that is made as tight as one may wish by simply turning the screw *S*.

The juice cums out at the opening at *J* while the pulp cums out of the opening at *P*.

For making helth drinks such as rubarbade, apl juice, grape juice, berry juices, and juices from varius roots, this utensil is of great value. This Fig. 51 shows rubarb prepared for juicing and shows it going thru the juicer.

Fig. 52 shows a shredder. This is used for shredding any of the tubers, roots, etc.

At *W* is shown a wooden block that is used for pressing the cut-up material down on to the shredding nives.

This Figure shows carrots cut up redy for shredding and going thru the shredder.

Fig. 53 shows a *cabbage slicer*. This Figure shows cabbage being sliced.

Fig. 54 illustrates a wooden *chopping bowl* with chopping nife. This can be used in the ordinary manner for chopping up varius salad herbs. Roots can also be chopt up in this manner, but they do not look so attractiv as if prepared by the machines illustrated.



Figure 56

Fig. 55 shows a *food grater* with two carrots ready to be grated, after having their tops trimmed off.

Fig. 56 shows new onions with tops and three kinds of radishes. The onion and the long radishes may be sliced, but the small red radishes may be eaten without slicing.

Fig. 57 shows an aluminum colander with spinach leaves washed and draining in it.

Fig. 58 shows the manner of slicing spinach. It will be noticed at S that the leaves that are drained can be piled on each other and then sliced together. This slicing can be carried further by taking the sliced pieces and slicing them diagonally. They should be sliced in strips about one-eighth inch wide.

An ingenious housewife will discover many other ways of preparing food, such as cubing or dicing, cutting into spirals; cutting into small balls or marbles, cutting holes



Figure 58



Figure 57

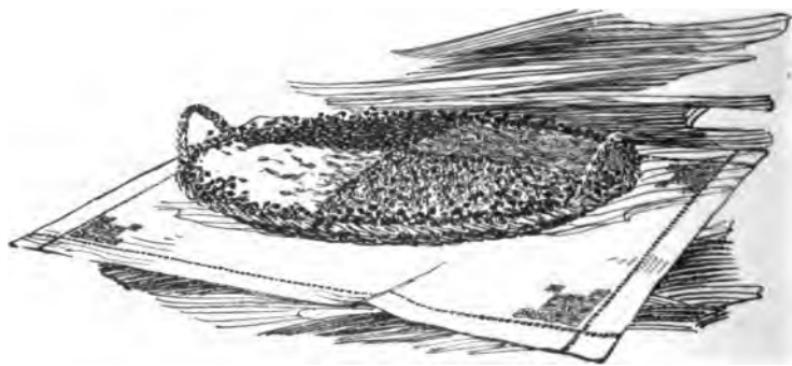


Figure 59

in one kind of vegetable and filling with another vegetable

or nuts, cutting trofs or grooves in sum vegetables and filling with sumthing else, putting small holes in vegetables and "planting" flowers or buds in them, arranging roots and vegetables to look like floral decorations, etc.



Figure 60

practis. To enabl those who hav never done anything of this kind to hav a working basis, I am putting in several drawings as sampels.

Fig. 59 represents a willo-bound platter on a decorated doily. The lightest or "west" quadrant represents shredded turnips; the "south" quadrant represents chopt or shredded peas; the "east" quadrant represents shredded carrots; while the "north" quadrant represents sliced spinach. Around the whole platter is a border of watercres as a garnish. This can be further decorated by putting in the center, where the four quadrants meet, a rose or a few pansies or other flowers, or three or four small tapering radishes.



Figure 61

Fig. 60 represents a three-compartment dish with fork and spoon for individual servis. The "northwest" compartment represents shredded carrots, the "southwest" compartment represents chopt or shredded peas, and the "east" compartment represents sliced spinach.



Figure 62



Figure 63



Figure 64



Figure 65



Figure 66



Figure 67



Figure 68



Figure 69

Fig. 61 represents a fancy three-compartment dish which can be placed on a decorated doily. The "north" compartment represents dates, the "west" compartment represents raisins, and the "south" compartment represents dried figs.

Fig. 62 represents a soup dish and individual servis fork on a fancy doily. In the dish is cottage cheese garnish with parsly. In this cottage cheese can be mixt raisins and raisins can be placed on top. A few nuts could be placed on the cottage cheese also to make it tasty and attractiv, but as nuts and cottage cheese ar both proteids it is not necessary to hav both for one meal.

Fig. 63 represents a fancy Chinese-ware or Japanese - ware bowl (papier - mâché bowls can be used in the same manner) containing cauliflower flowers. These look very attractiv without anything with them. This bowl can be placed on a fancy doily or decorated plate.

### *Twelv Dainty Dishes á la Natural Way.*

The accompanying *twelv dainty dishes* illustrate a variety that can be servd individually or distributed about a large table to be servd from the dishes. They wil giv sum idea of how beautifully a banquet tabl can be arranged and decorated.

Fig. 64 represents a dish of fennel roots with the green shoots protruding.

Fig. 65 represents a dish of watercres.

Fig. 66 represents a triplex dish of artichokes garnish with nasturtiums. In such a dish three different artcls can be

placed and then garnisht with edibl flowers or mint leavz.

Fig. 67 represents celery stalks garnisht with their own leavz. These leavz ar really of more food value than the stalks them-selvs. Garden-mint leavz go beautifully with this and ar very tasty and helthful.

Fig. 68 represents a dish of lettis.

Fig. 69 represents an attractiv dish of parsly.

Fig. 70 represents "a custard cup" of walnut meats.

Fig. 71 represents a fancy plate of sliced tomatoes. Mint leavz go wel with these.

Fig. 72 represents cocoanut in the shel and out of the shel.

Fig. 73 represents a beautiful platter of asparagus tips.

Fig. 74 represents an artistic dish of spinach leavz. In this dish the spinach is placed without being shredded or cut up. It is very attractiv served in this manner. A dressing of rubarb juice and hony can be used.

Fig. 75 represents a bewitching dish of alfalfa blossoms and small leavz. This is a rare and dainty dish that peopl wil more and more becum accustomd to. A dressing of hony and oil or lemon juice or rubarb juice and hony can be used.

### *A "Put Up" Lunch á la Natural Way.*

Fig. 76 represents a substantial lunch for anyone to carry in their pocket to eat at their leisure "midday hour." If peopl would eat such lunches rather than rush-



Figure 70



Figure 71



Figure 72

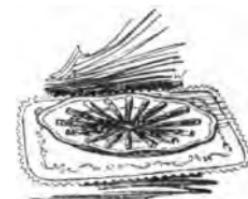


Figure 73



Figure 74



Figure 75

ing "around the corner" to a soda fountain for pie *à la mode* ("mud pies"), ice cream and cake, or sandwiches and coffee, etc., it would be infinitely better for their helth and a great saving to their pocketbook.

This Figure represents an ordinary pocket lunch box with waxt paper and a paper napkin. The lunch consists

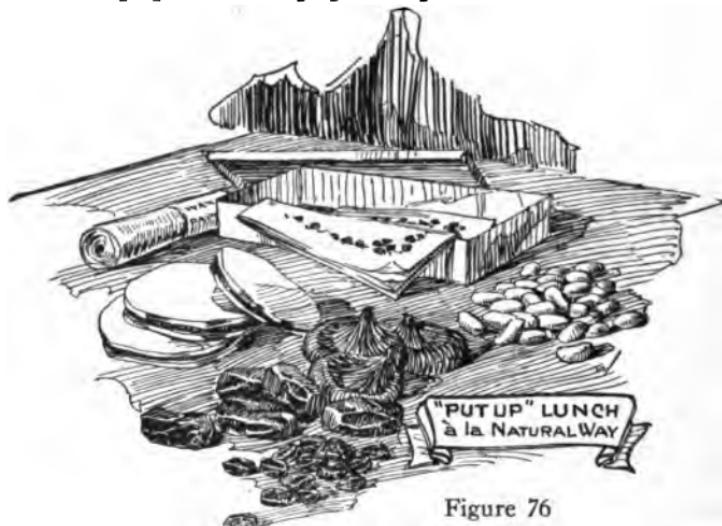


Figure 76

of a few raisins, five dates, three figs, a small handful of raw peanuts and three turnip-and-cheese sandwiches. When these ar all rapt in the waxt paper, they fit snugly into the tin box, which in turn wil slip into a coat pocket. The paper napkin makes a neat, sanitary lunch cloth.

**KuL'LAK**  
REGISTERD U.S. PAT. OFFICE

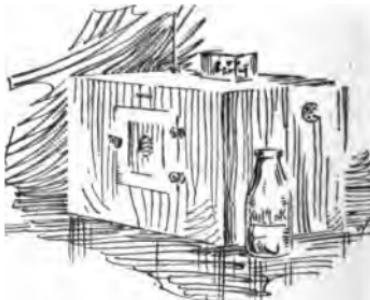


Figure 76A

## RECIPES FOR UNFIRED FOODS\*

### DRINKS

(The amounts here given are sufficient for one person)

1

#### Lemonade

Put into a 4-ounce glass

Lemon juice, 2 teaspoonfuls.

Honey, 1 teaspoonful.

Fill glass with cool water, stir well, and serve.

2

#### Orangeade

Put into a 4-ounce glass

Orange juice, strain or unstrain, one-quarter cup.

Honey, 1 teaspoonful.

Fill glass with cool water, stir, and serve.

3

#### Herbade

Soak in a cup of water for one or two hours

One-quarter ounce spearmint, mint, fennel, florence, thyme, or savory leaves.

(Use less if the dried herbs are strong and fresh.)

Strain the infusion and stir into it honey, 1 teaspoonful.

Herbade promotes elimination from the kidneys while cooked herbs do not.

4

#### Rubarbade

Rubarb juice, one-half glass (3 ozs.)

(Extract by cutting in two-inch lengths and putting thru juicer.)

Honey, 1 teaspoonful. Beat into the juice and add 3 to 5 ozs. cool water—or warm water if desired.

5

#### Nut Tea

Place in a cup

Peanuts flaked as fine as possible, 4 tablespoonfuls.

Fill cup with hot water (not boiling). Stir well.

Honey, 1 teaspoonful if desired.

6

#### Tonic Drink

Rubarb juice, 4 tablespoonfuls.

\*Many of these recipes are taken from, or modified from, those given in Dr. Drew's book "Unfired Food and Trophotherapy."

It will be noticed that no combinations are given where acid fruits or tomatoes are used in conjunction with starches or unnatural sweets.

It will also be noticed that I do not class peanuts with nuts, because they are not nuts but belong to the legume family just as much as peas or beans. Consequently, peanuts should not be eaten with or mixed with acid fruits, rubarb, tomatoes or berries.

**Beet juice from grated beets or Swiss chard leaf stalks, 2 tablespoonfuls.**

**Hony, 1 teaspoonful.**

**Cool or warm water to make a cupful. Mix well and serv.**

**This tonic drink is especially well borne by convalescents or those having a weak stomach.**

7

**Nut Emulsion**

**Mix and rub into a butter**

**Peanuts or Pignolias flaked very fine, 4 tablespoonfuls.**

**Water, 1 teaspoonful. Mix this water into the butter little by little.**

**Water, 6 oz.**

**Beat briskly with a Dover egg beater and pour thru large tea strainer.**

**Hony, 1 teaspoonful if desired.**

8

**Celery Drink**

**Fresh, green celery leaves and stems chopt fine, 1 tablespoonful.**

**Put this into a mortar or cup and add**

**Water, 1 teaspoonful. Mash the juice out with a pestle. Or it can be put thru a juicer.**

**Water, 6 oz. Let stand half an hour or more. Just before serving add**

**Hony, 1 teaspoonful.**

9

**Sugarcane Drink**

**Soak 1 hour, stirring every ten minits**

**Flax seed, 1 oz. in**

**Water, three-quarters of a cup.**

**Meanwhile run shielded sugarcane piths thru a juicer. Strain the clear flaxwater into a glass and add**

**Sugarcane juice, 2 ounces (4 tablespoonfuls).**

**If the glass is not full, add water, stir and serve.**

**This is a delicious, refreshing and tonic drink, especially to be recommended to convalescents who need the valuable organic elements it contains.**

10

**Invalid's Tonic Beer**

**Mix together powdered sweet root, 3 oz.**

**Powdered Hop or powdered hop flowers, 1 oz.**

**Take a loose, heaping teaspoonful of the mixture to a cup of water, stir, let stand fifteen minits, stir again, strain and serve.**

**Powdered sassafras bark, 1 oz. may be added to impart the flavor of root beer.**

11

**"Lemonized" Milk (Lemon Buttermilk)**

**Into a cup containing**

**Sweet Milk, 6 oz. pour**

**Lemon Juice,  $\frac{3}{4}$  oz. (or the juice from half a lemon).**

**Quickly beat briskly with Dover egg beater two minits to prevent its curdling in lumps.**

This milk is "acid sterilized." It is more wholesum for weand children or adult convalescents than "warm or sweet milk, which I never prescribe.

Plain milk is not advized in a natural diet, but if one likes sourd milk, this lemonized milk is delicious.

(If one does not hav an eg beater handy, they can fil a quart jar half ful of sweet milk, ad to it the juice of half a lemon, seal it and vigorously shake, keeping it in rapid agitation for at least two minits.)

12

### Kul-Lak\* or Cultured Milk

Put one quart of skimed milk into a Florence flask or a milk bottle that wil stand heat. Seal with cotton, put in a coverd pail half ful of water, with a board in the bottom. Let the water cum to a boil and let it remain in the boiling water and steam for at least twenty minits. Take the pail from the fire, but let the milk remain in the water until it has coold to about 90° F.

Ad one small bottl Bulgarian Lactic Acid Bacillit† in solution.

Shake this wel and put into a regular milk incubator that wil keep a constant temperature of 90° F. In about twenty-four hours this wil be coagulated to the consistency of custard when it should be thoroly shaken. (See Figure 76A, Page 94.)

To this can be added the amount of cream that was taken off the milk and all shaken together, or the cream can be added just before serving.

One ounce of the above can be used as a "starter" to ad to another quart of skim milk insted of the bottl of bacilli, and the milk treated in the same manner. This process can be carrid on for several weeks if one is very particular to not contaminate the cultured milk that is used as a "starter."

This Kul-Lak or cultured milk is best eaten with a spoon, and is very beneficial in many cases of indigestion, auto-intoxication, diabetes, Bright's diseas, arterio-sclerosis, reumatism, etc.

## SOUPS

(The amounts here given ar sufficient for one person)

13

### Minst Tomato Soup

Beat wel together

6½ oz. Tomatoes (Peeld with very sharp nife and cut into small bits).

½ oz. Parsly or celery (Mince very fine).

½ oz. Honey (1 teaspoonful), if desired.

\*Kul-Lak is my trademark name for cultured milk, which I make for my patients. I do not recommend regular milk to anyone becaus it is not a natural food for infants or adults, but as a remedy for many stomach and intestinal troubls, I hav found cultured milk to be beneficial.

†(Knudsen's Laboratories, Los Angeles, California, prepare such a solution. Abbott Laboratories, Ravenswood Station, Chicago, also prepare it. Knudsen makes and furnishes the incubators.)

**Hasty Soup**

Put into soup bowl

$\frac{1}{2}$  oz. Chopt onion, minst parsly, grated celery root or parsly root, chopt cabbage.

$\frac{1}{4}$  oz. Grated horseradish.

$\frac{1}{2}$  oz. Grated Carrot, sweet potato, turnip or parsnip.

1 oz. Peanuts or Pignolias flaked.

When all is redy, fil the bowl with hot water (not boiling) and serv immediately.

(A heaping teaspoonful is about  $\frac{1}{2}$  oz.)

**Cream of Celery Soup**

Mix and mash together with wooden potato masher

1 oz. Pecans or Peanuts flaked.

$1\frac{1}{2}$  oz. Celery Stalks or Cabbage chopt up fine.

$1\frac{1}{2}$  oz. Caraway Seed ( $\frac{1}{4}$  teaspoonful).

After all hav been ground and allowd to soak for a few minits, put into a bowl and mix into it 5 oz. hot water (not boiling), and if desired ad hony, 1 teaspoonful or oliv oil, 1 teaspoonful. Serv.

**SALADS**

(The amounts here given ar about correct for one person.)

$\frac{1}{2}$  oz. Asparagus tips, finely sliced.

$\frac{1}{2}$  oz. Dock leaves or dandelion cut into fine shreds or chopt.

$\frac{1}{2}$  oz. Artichokes or Parsnips cubed or chopt.

1 oz. Pignolias, walnuts or other nuts, or peanuts chopt.

Mix all together and ad

Hony, 1 teaspoonful.

Oliv Oil, 1 tablspoonful.

$1\frac{1}{2}$  oz. Dock leaves and tender stems cut into shreds and chopt fine.

1 oz. Pignolias, coconut, or other nuts chopt or flaked, or flaked peanuts.

Hony, 1 teaspoonful or

Oliv Oil, 1 tablspoonful (or both)

Mix all wel together and serv.

Dock is availabl in the East from April 15th to June 15th. If raisd in the garden and not allowd to run to seed, it wil gro tender leaves all summer and fall.

Dock leaves ar a blood tonic, being rich in organic iron and other organic salts.

1 oz. Dock leaves and tender stems cut into shreds and chopt fine.

1 oz. Pignolias flaked or coconut grated or peanuts flaked.

1 oz. Tender asparagus tips sliced as thin as possibl.

$\frac{1}{2}$  oz. Chives, onion tips, or oxalis leaves and stems chopt.

1 oz. Pignolias, walnuts, almonds or other nuts chopt or flaked,  
or peanuts flaked.

Mix into this if desired, 1 teaspoonful of hony, or 1 tabl-  
spoonful oliv oil, or both may be used.

20

1½ oz. Dandelion leaves and harts cut into shreds and chopt cros-  
wize.

1 oz. Coconut grated, or pignolias or other nuts flaked or chopt  
or peanuts flaked.

Mix these and beat in just before serving  
Hony, 1 teaspoonful. Mix again and serv.

21

1 oz. Lentils soakt over nite, rinst and dried.

½ oz. Pignolias or other nuts flaked.

2 oz. Rubarb juice.

Mix these and beat into a creamy consistency.  
If desired, ad hony, 1 teaspoonful.

22

1 oz. Dock leaves cut fine.

1 oz. Nuts flaked.

2 oz. Rubarb juice.

Mix and beat into a creamy consistency.

Hony, 1 teaspoonful if desired, or

Olive Oil, 1 tablspoonful.

23

1½ oz. Asparagus tips cut fine.

1 oz. Nuts flaked or chopt.

Oliv Oil, 1 tablspoonful.

Hony, 1 teaspoonful.

Mix wel and serv.

24

1½ oz. Artichokes cubed or chopt.

½ oz. Onion minst.

1 oz. Nuts, flaked or coconuts grated.

Mix wel together and serv.

25

1 oz. Lettis cut into fine shreds.

1 oz. Dandelion leaves cut into shreds croswize.

½ oz. Oxalis leaves and leaf stems chopt.

1 oz. Radishes cubed or chopt.

Mix together and ad

Hony, 1 teaspoonful, or

Oliv Oil, 1 tablspoonful.

26

2 oz. Dandelion flowers cut fine. (Lay a bunch of the dandelion  
flowers on the board and cut fine slices thru the bunch,  
cutting each flower thru several times. Use stems also.)

1 oz. Coconut grated or nuts flaked.

Mix together and garnish with a few dandelion flowers.

27

1½ oz. Oxalis leaves and leaf stems cut very fine.  
1 oz. Coconut flaked or grated or nuts flaked.  
Mix together and garnish with edibl flowers if desired.

28

2½ oz. Lettis cut into shreds.  
1 oz. Coconut grated or flaked.  
Drip over it coconut milk, 2 oz.  
Serv with teaspoon.

29

2 oz. Lettis cut into shreds and chopt croswize.  
¼ oz. Chives or onion tops cut fine.  
½ oz. Curld cres cut fine.  
1 oz. Nuts flaked or chopt.  
Mix together and pour over it  
2 ozs. Rubarb juice.  
(Serv in this manner or beat the rubarb juice and nuts  
until creamy.)

30

2 oz. Lettis cut into shreds and chopt croswize.  
½ oz. Onion tops cut fine.  
1 oz. Coconut flaked or grated.  
Mix wel together and pour over it  
Coconut milk, 2 to 4 tablspoonfuls.  
Serv with teaspoon.

31

1½ oz. Radishes cubed or chopt.  
½ oz. Peanuts flaked or nuts chopt or flaked.  
Garnish with a few thin slices of radishes.

32

3 oz. Lettis cut into fine shreds.  
Hony, 1 teaspoonful.

33

½ oz. Yung linden leaves cut into shreds and minst.  
½ oz. Peanuts flaked or nuts chopt or flaked.  
Mix all together.

34

2 oz. Radishes grated.  
½ oz. Savory herbs minst.  
Caraway seed ground, ½ teaspoonful.  
1 oz. Peanuts flaked or nuts flaked or chopt.  
Mix and rub to proper consistency and serv on lettis  
leaf or garnish with parsly.

35

1½ oz. Lettis cut into shreds.  
1 oz. Mustard leaves shredded and chopt.  
1¼ oz. Onion tips cut fine.  
Rubarb juice, 4 tablspoonfuls.  
Hony, 1 teaspoonful.  
Oliv Oil, 1 tablspoonful.  
Mix all together. If too pungent, chopt or flaked nuts  
may be added.

## 36

1 oz. Mustard leaves and tender stalks cut and chopt.  
 $\frac{1}{2}$  oz. Dandelion flowers or sweet herbs minst.  
 1 oz. Peanuts flaked.  
 Honey, 1 teaspoonful may be added.

## 37

$1\frac{1}{2}$  oz. Plantain cut into shreds and minst.  
 1 oz. Peanuts flaked or nuts flaked or chopt.  
 Honey, 1 teaspoonful if desired.

## 38

$1\frac{1}{2}$  oz. Cres chopt fine.  
 $\frac{1}{2}$  oz. Peanuts flaked or chopt.  
 Honey, 1 teaspoonful.  
 Olive Oil, 1 teaspoonful.

## 39

2 oz. Spinach, plantain, sweet corn, white mustard, watercress, nasturtium leaves, parsly, or celery cut into shreds and chopt.  
 2 oz. Rubarb juice.  
 1 oz. Nuts flaked or chopt.  
 Honey, 1 teaspoonful, or oliv oil, 1 tablspoonful, may be added if desired.

## 40

1 oz. Sorrel leaves and stems cut into shreds and chopt.  
 $\frac{1}{2}$  oz. Onion tops, parsly or celery minst.  
 1 oz. Nuts flaked.  
 Honey, 1 teaspoonful, or  
 Oliv Oil, 1 tablspoonful.

## 41

2 oz. Lettis, endive or cabbage cut into fine shreds, or  
 1 oz. Watercress, nasturtium, or parsly chopt fine.  
 1 oz. Mix with coconut, peanuts, or nuts flaked.  
 1 oz. Radishes or carrots.

## 42

1 oz. Radishes cubed or chopt to size of corn.  
 $\frac{1}{2}$  oz. Cabbage, celery or oxalis leavs.  
 1 oz. Nuts flaked or chopt.

## 43

1 oz. Yung sweet corn sliced off cob.  
 1 oz. Crisp cabbage, lettis, upland cres or sorrel cut into shreds and chopt.  
 $\frac{1}{4}$  oz. Onion, parsly or other savory herbs minst.  
 1 oz. Coconut grated or nuts flaked or chopt.  
 1 or 2 oz. Tomato or cucumber.  
 Drip over it coconut milk, 1 oz.

## 44

$1\frac{1}{2}$  oz. Nasturtium flowers cut into shreds with the pedicls.  
 1 oz. Coconut grated, peanuts flaked, or nuts flaked or chopt.  
 1 oz. Coconut milk.  
 (If flowers ar scarce, finely chopt lettis may be added.)

45

2½ oz. Pineapl sliced.

2½ oz. Tomatoes sliced.

Over them may be dript hony 1 teaspoonful.

46

Half a cantaloupe into which may be put

½ oz. Parsly, celery or oxalis minst.

1 oz. Nuts flaked or chopt.

47

2 oz. Yung sweet corn sliced off the cob.

2 oz. Wax or green bean pods sliced or chopt or endive cut into shreds.

1 oz. Coconut grated or peanuts flaked or nuts flaked or chopt.

To this may be added just before serving oliv oil 1 tablespoonful or hony 1 teaspoonful.

48

1½ oz. Ripe pineapl shredded.

1½ oz. Celery chopt.

1 oz. Nuts flaked or chopt.

Just before serving one may ad hony 1 teaspoonful.

49

½ oz. Spinach or beet leaves cut into shreds and chopt.

¼ oz. Savory herbs minst or onion chopt.

½ oz. Peanuts flaked or nuts flaked or chopt.

Oliv Oil 1 teaspoonful or

Hony 1 teaspoonful.

50

1½ oz. Kohlrabi diced or chopt.

½ oz. Onion tops, oxalis minst, or lettis 1 oz.

1 oz. Coconut grated or peanuts or nuts flaked or chopt.

Oliv oil 1 tablspoonful or

Hony 1 teaspoonful.

51

1 oz. Radishes, kohlrabi or carrot diced.

1 oz. String beans sliced as thin as possibl.

1 oz. Peanuts flaked or nuts flaked or chopt.

52

1½ oz. Tender Peas whole.

½ oz. Savory herbs minst.

1 oz. Nuts flaked or chopt.

2 oz. Rubarb juice.

53

1 oz. Spinach cut into shreds and chopt.

½ oz. Onion top, chives, onion or leek chipt or parsly or celery minst.

1 oz. Nuts flaked or chopt or coconut grated.

Drip over it rubarb juice or coconut milk 2 oz.

one hundred two

## 54

1 oz. Yung sweet corn sliced off the cob.  
 1 oz. Lettis, endive, nasturtium, sorrel or cabbage cut into shreds and chopt.  
 1 oz. Nuts flaked.  
     Oliv oil 1 tablspoonful or  
     Hony 1 teaspoonful  
     Place over  
 2 oz. Tomatoes finely sliced.

## 55

1 oz. Lettis, endive, nasturtium leavs, chicory leavs or sorrel cut into shreds and chopt croswize.  
 1 oz. Cucumber or summer squash chipt.  
 1 oz. Tomato or pineapl chipt.  
 $\frac{1}{2}$  oz. Parsly, celery, or other savory herbs minst.  
 1 oz. Nuts flaked or chopt.  
     Oliv oil 1 tablspoonful.  
     Hony 1 teaspoonful.  
     Mix all together and serv.

## 56

3 oz. Summer Squash cut into dice.  
 1 oz. Nuts flaked or chopt.  
 2 oz. Rubarb juice.

## 57

2 oz. Tomato chipt.  
 $\frac{1}{2}$  oz. Carrot or sweet potato grated.  
 $\frac{1}{2}$  oz. Black walnuts or other nuts flaked or chopt.  
 $\frac{1}{2}$  oz. Parsly minst.  
 1 oz. Yung sweet corn sliced off cob or yung peas chopt.  
 Stir these to a pudding and serv.

## 58

3 or 4 ozs. Ice-plant chopt.  
 1 oz. Peanuts flaked or nuts flaked or chopt.  
     Hony 1 teaspoonful.  
 $2\frac{1}{2}$  oz. Green sweet corn sliced off cob.  
 1 oz. Nuts flaked or chopt, or coconut grated.  
 Mix together and serv on lettis leaf or endive.

## 60

$2\frac{1}{2}$  oz. Cucumber chopt or cubed.  
 $\frac{1}{2}$  oz. Onion, onion tops, celery, or parsly minst.  
 1 oz. Coconut grated or nuts flaked or chopt.

## 61

2 oz. Potatoes peeld, sliced and chopt.  
 1 oz. Nuts flaked or chopt.  
 Serv on a lettis leaf over which sprinkl rubarb juice.

## 62

$\frac{1}{2}$  oz. Bean pods or yung peas.  
 $\frac{1}{2}$  oz. Potato.  
 $\frac{1}{2}$  oz. Carrot or beet.

$\frac{1}{2}$  oz. Onion or celery.

Chop all up fine and ad nuts flaked or chopt or peanuts flaked 1 oz.

To this may be added just before serving, Oliv oil 1 tablespoonful.

63

1 oz. Cauliflower, kohlrabi or white turnips chopt.

1 oz. Sweet corn sliced off the cob.

$\frac{1}{2}$  oz. Celery, parsly, upland cres, nasturtium leavs, or sorrel minst.

1 oz. Nuts flaked or chopt.

Hony 1 teaspoonful or

Oliv oil 1 tablspoonful.

64

$\frac{1}{2}$  oz. Endive, chicory, parsly or celery cut into shreds and chopt.

$\frac{1}{2}$  oz. Upland cres, watercres, or nasturtium leavs.

1 oz. Nuts flaked or chopt or peanuts flaked.

Oliv oil 1 tablspoonful or

Hony 1 teaspoonful.

To this may be added tender cauliflower tops 1 oz.

65

1 oz. Potato chopt.

1 oz. Carrot grated.

$\frac{1}{4}$  oz. Parsly or celery minst.

1 oz. Nuts flaked or chopt or peanuts flaked.

66

1 oz. Tender beet or turnip.

1 oz. Crisp cabbage or kohlrabi.

1 oz. Carrot, celery root, parsnip or salsify (oyster plant).

Run all thru food chopper and ad

1 oz. Peanuts flaked or nuts flaked or chopt.

Ad hony or oil dressing if desired.

67

$\frac{1}{2}$  oz. Crispt cabbage sliced.

$\frac{1}{2}$  oz. Onions sliced.

Put these into a chopping bowl and chop fine.

Ad coconut grated 1 oz.

$\frac{1}{2}$  oz. Caraway seed.

2 oz. Rubarb juice.

Mix and let stand about 15 minits.

Then mix again and ad hony 1 teaspoonful just before serving.

68

1 oz. Fresh yung peas.

1 oz. Almonds or other nuts flaked or chopt.

$\frac{1}{2}$  oz. Parsly or other savory herbs.

2 oz. Tomato chipt.

To this may be added Oliv oil 1 tablspoonful or

Hony 1 teaspoonful

½ oz. Nasturtium or Hyacinth bean flowers chopt.  
 1 oz. Coconut grated.  
 3 oz. Cucumber.  
 1 oz. Beets finely sliced. 70  
 ½ oz. Onion finely sliced.  
     Caraway seed 1 teaspoonful.  
 2 oz. Rubarb juice.  
     Just before serving may be added hony 1 teaspoonful.

2 oz. Potato peeld, sliced and chopt.  
 1 oz. Nuts flaked or chopt.  
 ¼ oz. Savory herbs.  
 ½ oz. Onion chopt.  
 2 oz. Rubarb juice.  
     Just before serving may be added hony 1 teaspoonful.

1 oz. Yung peas, whole or chopt.  
 2 oz. Tomato chopt.  
 1 oz. Nuts flaked or chopt.  
 ½ oz. Parsly or celery minst.

2 oz. Green celery leaves and stalks.  
 1 oz. Nuts flaked or chopt.  
 2 oz. Rubarb juice.  
 74  
 4 oz. Water lilies chopt.  
 1 oz. Hollyhocks and other flowers.  
 1 oz. Coconut grated or nuts flaked or chopt.

½ oz. Nasturtium flowers cut into shreds.  
 ½ oz. Nasturtium leaves cut into shreds.  
 ½ oz. Nuts flaked or chopt.  
 2 oz. Tomato.

1 oz. Potato sliced and chopt or diced.  
 1 oz. Nuts flaked or chopt.  
 ¼ oz. Parsly or celery leaves minst.  
 2 oz. Tomatoes chopt.  
     Hony 1 teaspoonful or  
     Oliv oil 1 tablspoonful.

3 oz. Cucumber peeld and sliced.  
 3 oz. Tomatoes sliced.  
 1 oz. Nuts flaked or chopt.  
     (Put a layer of chopt nuts on each slice of cucumber and  
     cover with slices of tomato. Arrange the sandwiches  
     artistically on lettis, endive or parsly and serv.)

## 78

Tomato cut in two. Cut out part of the central pith and keep for capping.

Scrape out the partition walls, seeds and juice and mix this with

1 oz. Nuts flaked or chopt.

½ oz. Celery or parsly minst.

Refil the halvs with this mixture, cover with the piths and serv.

## 79

2 oz. Tomato chipt.

2 oz. Radishes, kohlrabi, carrot or eg plant cut into small pieces or Sweet corn sliced off cob.

½ oz. Parsly or celery minst.

1 oz. Nuts flaked or chopt.

## 80

2 oz. Yung peas or yung lima beans chopt.

1 oz. Nuts flaked or chopt.

1 oz. Rubarb juice.

Mix and beat til creamy.

Ad olivi oil 1 tablspoonful or

Hony 1 teaspoonful.

## 81

1½ oz. Yung peas.

½ oz. Oxalis leavas and stems cut fine or savory herbs minst.

Hony 1 teaspoonful or

Oliv Oil 1 teaspoonful.

## 82

3 oz. Crisp cabbage shredded and chopt.

Caraway seed ground, 1 teaspoonful.

2 oz. Rubarb juice.

Hony 1 teaspoonful.

## 83

1½ oz. Carrot grated.

1 oz. Coconut grated or peanuts flaked or nuts flaked or chopt.

## 84

1 oz. Pineapl sliced or chopt.

1 oz. Tomato sliced or chopt.

1 oz. Cucumbers sliced or chopt.

1 oz. Celery stalks sliced as thin as possibl.

Serv with oliv oil or hony dressing.

## 85

1 oz. Swiss Chard leavas.

½ oz. Onions sliced or cubed.

1 oz. Peanuts flaked or nuts flaked or chopt.

Oliv oil 1 tablspoonful.

Hony 1 teaspoonful.

## 86

2 oz. **Dandelion flowers** with their stems, althea flowers (rose of sharon), hollyhock flowers, nasturtium, marigolds, or stock flowers.

1 oz. **Nuts** whole, flaked or chopt.

## 87

3 oz. **Dahlia tubers** peeld and sliced.

1 oz. **Nuts** flaked or chopt.

## 88

3 or 4 oz. **Dates**, figs, raisins, pears or prunes.

1 oz. **Peanuts** flaked or **Nuts** flaked or chopt.

## 89

2 to 4 ozs. **Strawberries**, cherries, blackberries, raspberries, currants, gooseberries, mulberries, blueberries, huckleberries, apls, pears, plums, prunes, peaches, quinces, prickly pears, oranges, grapefruit, and grapes.

Cut up and mix with

1 oz. **Coconut** grated or pignolias, almonds, walnuts flaked or chopt.

Hony 1 teaspoonful if desired or  
Coconut milk 2 teaspoonfuls.

## 90

3 oz. **Plums** or prunes chopt off the stone with or without the peel.

1 oz. **Nuts** flaked or chopt.

## 91

2 oz. **Peaches** chipt off the stone.

1 oz. **Apricots**, apls or pears diced.

1 oz. **Plums** or prunes chopt.

1 oz. **Nuts** flaked or chopt.

3 or 4 ozs. **Pineapl** slices.

1 oz. **Nuts** flaked or chopt.

Spred the nuts on the slices of pineapl.

## 93

2 oz. **Apls** cubed.

1 oz. **Grapes** or berries in season.

## 94

2 oz. **Apl** or orange chopt.

1 oz. **Raisins**, figs or dates.

1 oz. **Nuts** flaked or chopt.

## 95

1 oz. **Figs** minst.

1 oz. **Dates** minst.

1 oz. **Raisins** minst.

1 oz. **Coconut** grated or other **nuts** chopt.

1 oz. **Coconut** milk if desired.

## 96

1 oz. Cauliflower tops or cabbage chopt.  
 1 oz. Green peas or chick peas soakt til soft and chopt.  
 $\frac{1}{4}$  oz. Celery or parsly minst.  
     Hony, 1 teaspoonful or  
     Oliv oil, 1 tablspoonful

## 97

1 oz. Green peas.  
 1 $\frac{1}{2}$  oz. Cabbage cut into shreds and chopt.  
 1 oz. Nuts flaked or chopt.  
     Mix and if desired ad  
     Hony, 1 teaspoonful or Oliv oil, 1 tablspoonful.

## 98

1 oz. Sweet potato, carrot or parsnips grated.  
 1 oz. Beet or turnip.  
 $\frac{1}{4}$  oz. Horseradiah grated.  
 1 oz. Celery stalks, parsly, leek or onions minst.  
     Caraway seed ground (can be left out), 1 teaspoonful.  
 2 oz. Peanuts flaked or nuts flaked or chopt.  
     Mix this together and form into rolls one-half inch thick  
     and two inches long. These may be put in wax paper  
     before serving.

## 99

1 oz. Beet, potato or carrot grated.  
 1 oz. Celery stalks or cabbage chopt.  
     Horseradish grated, 1 teaspoonful.  
 1 oz. Peanuts flaked or nuts flaked or chopt.  
     Oliv Oil, 1 tablspoonful or  
     Hony, 1 teaspoonful.

## 100

2 oz. Squash or pumpkin cut into dice or chopt.  
 1 oz. Nuts flaked or chopt.  
 $\frac{1}{2}$  oz. Celery, leek or parsly minst.  
 $\frac{1}{2}$  oz. Hony (1 teaspoonful).

## 101

1 $\frac{1}{2}$  oz. Artichokes diced or chopt.  
 1 oz. Sweet Pepper.  
 1 oz. Peanuts flaked or nuts flaked or chipt.  
 $\frac{1}{4}$  oz. Parsly, leek or celery minst.

## 102

2 oz. Tomato chipt.  
 1 $\frac{1}{2}$  oz. Eg-plant chipt or cubed.  
 1 oz. Nuts flaked or chipt.

## 103

2 oz. Eg-plant chipt or chopt.  
 1 oz. Celery or parsly root grated or fennel root chipt.  
 1 oz. Peanuts flaked or nuts flaked or chopt.  
 $\frac{1}{2}$  oz. Oliv Oil or Hony (1 teaspoonful).

## 104

$\frac{1}{2}$  oz. Okra pods chipt or chopt.  
 $\frac{1}{2}$  oz. Parsly or celery minst.  
1 oz. Nuts flaked or chopt.  
2 oz. Tomatoes.

## 105

1 oz. Kale or Chinese cabbage.  
1 oz. Peanuts flaked or Nuts flaked or chopt.

## 106

2 oz. Sweet Potato.  
1 oz. Peanuts flaked or Nuts flaked.  
Toss together and cover with  
2 oz. Sweet peppers or cucumbers sliced.

## 107

2 oz. Potato grated.  
1 oz. Oxalis or sorrel shredded and chopt.  
1 oz. Nuts flaked or chopt.  
After mixing ad  
 $\frac{1}{2}$  oz. Hony (1 teaspoonful).

## 108

2 oz. Potato grated.  
1 oz. Celery, parsly, cabbage minst, sweet pepper, onion or radish  
Cubed.  
1 oz. Nuts flaked or chopt.  
Oliv Oil, 1 tablspoonful.

## 109

$\frac{1}{2}$  oz. Green lima beans.  
 $\frac{1}{2}$  oz. Carrot sliced.  
1 oz. Squash or Pumpkin sliced.  
Put all together into a chopping bowl and chop quite fine.  
Then ad  
1 oz. Peanuts flaked or nuts flaked or chopt.  
If nuts ar used insted of peanuts, there may be added  
2 oz. Rubarb juice and if desired  
Hony, 1 teaspoonful.

## 110

1 oz. Eg-plant chipt or chopt.  
 $\frac{1}{2}$  oz. Onion, celery or sweet pepper chopt.  
1 oz. Nuts flaked or chopt.  
 $\frac{1}{2}$  oz. Hony (1 teaspoonful) or Oliv Oil (1 tablspoonful).  
Cover with  
1 oz. Cucumber slices and cover these with  
1 oz. Tomato slices.

## 111

1 oz. Tomato.  
1 oz. Cucumber chipt.  
1 oz. Eg-plant chipt or carrot grated.

**½ oz. Sweet pepper, cabbage, celery stalks, parsly, oxalis or sorrel.**

**1 oz. Nuts flaked or chipt.  
Mix wel.**

**112**

**1 oz. Yung white corn sliced off the cob.**

**1 oz. Carrot grated.**

**½ oz. Parsly.**

**1 oz. Peanuts flaked.**

### **UNFIRED CAKES AND BRED**

**113**

**Rub and nead together**

**1½ lbs. Rice ground to a meal.**

**12 oz. Hony.**

**Pres the do into a six-inch fruit-cake ring and let it stand six to ten hours to harden. This will serv ten to fifteen persons.**

**Dubl the above weights and pres into an eight-inch ring with a smooth glas in the middl to produce a hole in the cake. While the hole facilitates slicing, it may be utilized for the insertion of flowers. Place the cake on a cake lace and stud the cake with dried fruits, nuts and flowers.**

**114**

**20 oz. Dried Sweet Corn, hulless barley, rice corn or rice ground to a meal.**

**12 oz. Dates or figs chopt in part of the above.**

**Mix all the meal and chopt fruit, and run thru the flaker twice.**

**The second time do not let the flakes pile up and becum a mas.**

**Mix and work into the flakes**

**4 oz. Prunes or dark raisins chopt.**

**4 oz. Almonds or peanuts chopt.**

**Pres and pound this mas hard into a six-inch cake ring or four three-inch muffin rings lined with paper. Set aside to harden and slice with a sharp nife in a sawing motion. This cake improves by age.**

**115**

**Rub and nead together**

**6 oz. Wheat, rye, Brazilian flour, corn or**

**7 oz. Rice, Rice corn, sweet corn or hulless barley ground to a meal.**

**3 oz. Hony.**

**Pres the do into a three-inch muffin ring and set aside to harden.**

**116**

**20 oz. Wheat, rye, hulless barley, dried sweet corn, rice corn or rice ground to a meal.**

**1 lb. Dates, figs or dried pears chopt.**

Pres in part of the meal then ad all the meal. Mix wel and run thru flaker twice.

Pres the flakes into a six-inch fruit ring lined with paper and set aside to harden.

If yu want fruit to sho in the slices, work into the flakes.

**4 oz. Dark raisins or prunes chopt.**

Pres all into the ring.

### **RAW-FOOD PIES**

For anyone who craves pies, or wishes a tasty morsel as a dessert, nothing is better than raw-food pies.

The crust is made as follows: For an eight or nine-inch pie plate, the crust should weigh about eight or nine ounces.

117

Mix and rub together

**7 oz. Sweet Corn Meal or other meal**

**2 oz. Honey.**

Run thru flaker twice. Spred flakes in a slightly oild pie plate and pres them even and hard with a spoon.

118

#### **Pie Fillings**

**7 oz. Apl grated.**

**3½ oz. Nuts flaked.**

Beat and mix these wel and ad

**6 oz. Apl cubed.**

Mix again and spred over the crust.

Garnish with four or five slices apls.

One-quarter of this pie is equivalent to one wholesum meal for one person.

119

Rub to a butter

**6 oz. Hucklberries or blueberries.**

**3 oz. Nuts flaked.**

Ad and mix carefully so as to leav them whole

**3 oz. Hucklberries.**

Fil this into the crust and spred evenly over the surface

**4 oz. Hucklberries.** Pres just enuf to adhere to the filling.

120

**6 oz. Nuts flaked fine.**

**10 oz. Apl grated. (Tart apls ar. preferd.)**

Mix and beat to the proper creamy consistency and put into the crust. Garnish with cut sections of apl.

121

Mix and rub together

**4 oz. Nuts flaked.**

7 oz. Strawberries macerated with a fork.  
Gently mix into this cream without breaking them  
5 oz. Hucklberries or blueberries whole.  
Fil into crust and sprinkl over the surface a few berries  
and pres them in just a littl so they cannot roll.

122

5 oz. Nuts flaked.  
11 oz. Fresh Prunes or plums chopt off the stone with sharp nife.  
Mix and rub these to a creamy consistency, leaving as  
much of the chips unmash as possibl, and fil into the  
crust.

123

Chop in a chopping bowl  
12 oz. Pineapl until size of corn. Then beat into it  
4 oz. Nuts flaked until mixture is creamy.  
If the pineapl is very tart, ad one oz. oliv oil after the filling  
has stood half an hour.  
Put the filling into the crust. Garnish with thin slices of  
pineapl.

124

Rub together  
7 oz. Muskmelon pulp.  
5 oz. Nuts flaked.  
Fil evenly into crust and spred evenly over the surface.  
4 oz. Blueberries or other small fruit. Pres in enuf to adhere  
to the filling.

125

Put into a chopping bowl  
5 oz. Cranberries and chop as fine as possibl. Ad  
4 oz. Nuts flaked.  
With a wooden potato masher rub the juice of the cran-  
berries into the nuts.  
When the juice is wel extracted, ad  
6 oz. Pumpkin, squash, carrot or parsnip grated.  
Rub until wel mixt and ad and mix into it  
1 oz. Honey.  
Fil this mixture into the crust.

#### LIST OF MENUS

126

#### Sunday Dinner

Rubarb juice, peas, carrots, spinach, celery, ground artichokes,  
tomatoes, lettis, watercres, parsly, dates, nuts.

127

#### Sunday Supper

Cottage cheese, raisins, parsly, lettis, tomatoes.

128

#### Monday Dinner

Peas, carrots, green onions, parsly, raisins, nuts.

129

**Monday Supper**

Lettis, raw peanuts, cottage cheese, watercres, parsly, figs.

130

**Tuesday Dinner**

Fennel roots or celery, dandelion, beets, cucumbers, radishes, parsly, cauliflower or Brussels sprouts, ripe or dry figs, nuts.

131

**Tuesday Supper**

Lettis, spinach, cottage cheese, parsly, raisins.

132

**Wednesday Dinner**

Ground artichokes, cucumbers, green onions, parsly, turnips, dates, nuts, garden mint, rubarb juice.

133

**Wednesday Supper**

Lettis, tomatoes, parsly, alfalfa or red clover, watercres, figs.

134

**Thursday Dinner**

Beets, potato shredded or grated, parsly, dandelion, green onions, cucumbers, cabbage, appl juice.

135

**Thursday Supper**

Potcheese, lettis, parsly, raw peanuts, hony.

136

**Friday Dinner**

Peas, carrots, parsly, celery or fennel root, green onions, radishes, nuts.

137

**Friday Supper**

Lettis, parsly, watercres, tomatoes, cheese.

138

**Saturday Dinner**

Endive or chicory, Brussels sprouts, parsly, beets, garden mint, grape juice prest from fresh grapes.

139

**Saturday Supper**

Lettis, parsly, cottage cheese, raisins or figs, nuts, bean sprouts.

## WHY SALT?\*

Salt, Sodium Clorid (NaCl) is a very stabl substance, composed of clorin gas, which is intensely negativ, and sodium, an intensely positiv, metallic element. The elements, sodium and clorin, when united to form a molecule, stil manifest their individual caracter by an intense molecular vibration. The molecular vibration of salt blinds the sense of taste in the tastebuds just as direct sunlight blinds the sense of sight to everything that is les bright. After a continued use of salt, the sense of taste becums so blunted to the natural and finer flavors of food that nothing savors or pleases except salt or condiments of equal intensity. For this reason salt has been com- monly used to hide flavors objectionabl to the abnormal or perverted sense of taste.

Salt is so stabl that it cannot be digested or broken up and utilized in the metabolism of the sistem. It is ingested as salt and excreted unchanged. Every cel in the sistem that absorbs salt contracts and thereby dis- gorges its albumin and other constructiv elements. In this way it hardens the tissues in general and shrivels the corpusls of the blood. It obstructs absorption of food and disturbs natural osmosis (the filtering thru the mem- brane). It also interferes with secretion and excretion, prevents the formation of fibrin and dissolvs the globules. It is a historic and sientific fact that salt, in connection with flesh givs rise to scurvy, salt rheum, kidny trubl and other cutaneus and constitutional disorders. The historic epidemic "Black Deth" of Europe, was causd by pickld meat. Salt is one of the causes of the inflammation under the breasts, in the armpits, and under the nose.

Salt causes an irresistibl thirst, which has led many a man to inebriety and dipsomania.

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\*Extracts from "*Unfired Food and Trophotherapy*" by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

For further particulars regarding salt refer to "*The Salt-Eating Habit*," by Richard T. Colby, publisch by Dr. George J. Drews.

Salt has only a few uses in domestic economy. It is indispensibl in liquefying ice belo the freezing point. It compels ice to absorb positiv temperature when used in freezers. It is substituted for sand in salt-rubs. It is a good emergency emetic, and, if need be, an irritant. Lastly, it is a good antiseptic in substances that ar not intended for food. English stockbreeders found it detrimental to the highest development of prize stock; hence they hav excluded salt from all stockfood. Their stock is known to be the finest. Salt is a poison to fowls, especially to songsters. Don't try it on your pet bird.

In North Siberia salt is unknown as a food condiment.

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#### SUNSHINE OR SHADO

Life is always what we make it,  
Ever see its lofty goal,  
For the frowning walls of prison,  
Never yet enslaved a soul.  
Tho the flesh be held in bondage,  
Yet the spirit heeds the call  
To reach out and find the *Sunshine*,  
Or the *Shado*, of the wall.

Ar yu thinking of the winter,  
With its skies of sullen gloom,  
Or the golden skies of springtime,  
When the roses ar in bloom?  
Does your mind dwel on the autum,  
When the leavs turn brown and fall;  
Ar yu living in the *Sunshine*,  
Or the *Shado*, of the wall?

Ar yu wasting tears and hartakes  
On the failures of the past?  
Cheer up now, make resolutions  
To be victor at the last.  
Do yu stil possess the manhood  
That yu had before your fall;  
Ar yu working in the *Sunshine*  
Or the *Shado*, of the wall?

—Ollie James Watts,  
In "Higher Humanity."

## THE OLD ABUSED STOMAC

(With Apologies to The Old Oaken Bucket)

How dear to my hart ar the whims of my stomach  
When acute indigestion presents them to view!  
Each idiosyncrasy proves entertaining  
To me tho they be of no interest to yu.  
On things that I can eat,  
And things that I can't eat,  
The things that I must eat  
Alone do I dwel,  
And when I hav eaten, I wish that I had not  
When frends of the evils of food fondly tel.

How dear to my hart ar the anti-food lectures,  
The lectures on "frendly" and "unfrendly" germs;  
The poisons of food and the dangers of eating  
Ar pictured so strongly in unmeasured terms.  
The things that I would eat,  
The things that I should eat,  
The things that I once ate —  
Each one they forbid,  
And sadly I turn to the nuts and the raw food  
In which they say virtues of healing ar hid.

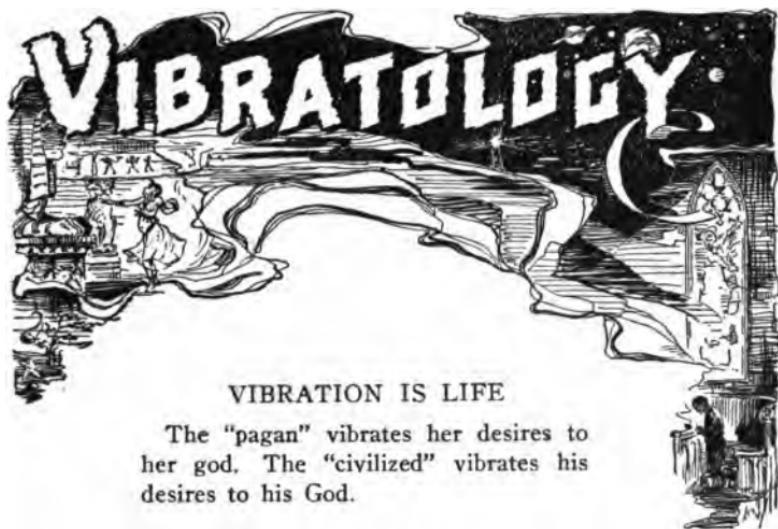
—CLARA COX EPPERSON, in *Life*.

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## HIS IMAGE

Men speak of God, a Thing so far away  
They could not reach Him in a year-long day;  
As one apart from them on whom appeal  
Might hav effect upon their woe or weal.  
God is not "god," unto Himself complete,  
A being, man-like, 'dornd with hands and feet,  
Brooding in state upon sum misty cloud,  
Whim-fild and jelus, haughty, vain and proud,  
With countenance that only saints may see!  
God's everywhere—and best of all in ME!  
A million faces mark the face of Him;  
Your face and mine; that poor face scard by sin;  
A million voices and a million hands,  
Each part and parcel of His Image stands,  
For God includes each grain of sand or sea.  
All things IN Him, He dwels in yu and me.

—L. V. Jefferson.



#### VIBRATION IS LIFE

The "pagan" vibrates her desires to her god. The "civilized" vibrates his desires to his God.

In these days of "Advanst Thot," we hear the term, "Vibration," a great deal. It is being used almost generally among those who teach occult science because there seems to be no other term to express the caus of certain phenomena.

Those who hav red my larger works on this subject wil kno that I believe that all life is merely an interpretation of varius processes of vibration, and that it is only vibration, or a rate and mode of motion, that differentiates one substance from another.

As I could not find a word to cover my interpretation of the word vibration as I understand it, I coind the word, "*Vibratology*." This word cums from the Latin word *vibrare*—to vibrate, and the Greek word *lego*—to speak and in its broad sense means a *treatis on vibration*.\*

\*My book, "*The Natural Way or My Work, Seventeenth Edition*," goes into this subject quite fully, and I would refer those who wish to go into the subject further to that book.

Under the hed of *Vibratology* all remedial agencies can be clast. All fenomena of Nature can be clast under the same hed.

*Creation* is a fenomena of vibration. All life has its genesis from vibration.

*Evolution* of life from germination to birth is a fenomenon of vibration.

*Development* is a fenomenon of vibration.

*Maturity* is the zenith of vibratory fenomenon.

*Senility* is a fenomenon of retarded or exhausted vibration.

*Deth* is a cessation of mundane vibration and the birth of a more specialized vibration.

"There is no deth! What seems so is transition.  
This life of mortal breth  
Is but a suburb of the life Elysian  
Whose portal we call Deth."

Putting it in another way, we might say that we ar conciev'd by an act of vibration; we ar born by an act of vibration. Our whole life and all fenomena connected with it ar different forms of vibration; and the cessation of earthly life is merely a change in vibration.

Imagin, if yu can, the time when all space was one great "void," when all the fundamental entities of matter wer as "ethereal" as space itself. These entities, for sum reason that no human has yet been abl to explain, must hav been in constant motion or vibration. Littl by littl they attracted each other until the beginning of a world was in process. This elementary world or planet was no larger than the hed of a pin, but in comparison with its entities it was as great as our telescopic universe. This particl, made up of innumerable entities, attracted other entities to it until after ages and ages of vibration great powers wer accumulated — powers that ar greater than mortal mind can imagin.

After countless trillions of years, one planet or world after another was formd, each held in its own relation

to the other by the power that it accumulated thru all these endless eons of time.

As ages and ages went by, specialized vibration was evolvd, and in its trail forms of life wer developt. These specialized vibrations in time had an influence upon other forms of vibrations, and so on thru all the ages one vibration has influenst another vibration until we hav "the erth and all that in it is" as sum of the products of specialized vibration.

*Vegetation* is only another form of vibration which differentiates it from the erth in which it grows.

*Animal life* is simply another specialization of sum vibratory force.

It can be redily seen that when we ar dealing with vibration, we ar dealing with all that was, is and wil be.

If we could kno how the fundamental entity of matter had its being, we would understand the secret of life.

Everything that has motion is matter, and whether we can weigh it or not, it is matter just the same. We ar educated to think that all matter has weight. Perhaps it has, but not weight in the sense of the term as we understand it.

Thus, for exempl, we cannot weigh thots, but "*thots ar things.*" That is, they vibrate, and they hav an apreciabl effect upon all matter. All animal life expresses its joy or sorro by different forms of vibration. The dancing girl of ages gon by exprest her joy in the same manner as the dancing girl of the present time. The worshipper of idols of centuries ago exprest his suplications in the same way as the worshipper of modern times expresses his desires in prayer to the Architect of the Universe.

The birds express their joy in the vibration of song, and the child expresses its joy in like manner. The kitten expresses its joy in the vibration of play and the child does likewize.

The mourners at the bier express their sorro thru vibration. Love is an expression of vibration, while

sorro is another expression of vibration, and anger is stil another. In other words, all *emotions* as wel as all *motions* ar simply fenomena of vibration.

It can be seen that in the word, *Vibratology*, we hav a term that covers not only all remedial agencies but all destructiv agencies. If we could but understand the fundamentals of vibration, we would undersand life itself.

When the cels of the body vibrate, they generate a form of vibration or motion. This might be exprest as DESIRE.

I believe everything in all life is the product of *Desire*, or the natural product of necessity. For exampl, the crudest form of vegetation *desired* more breathing capacity, and therefore the leavs wer developt.

In animal life, the *desire to taste* or differentiate food must hav been present before the evolution of the sense of taste. The *desire to feel* must hav been present before the evolution of the sense of feeling was developt. The *desire to smel* must hav been exprest before the sense of smel was granted. The *desire to see* must hav been pres-ent before the development of sight. The *desire to hear* must hav been exprest before the organs of hearing wer developt.

In other words, *all evolution is the product of Desire*, taken in the broad sense of the word.

Sum wil say that *Desire* belongs only to animal life, but I believe that vegetation also possesses that attribute. *Appetite* is one of the meanings given for *Desire*, and we kno that plants hav an appetite for water or their special food. This is wel illustrated by the manner in which the roots reach out for the food the plant *desires*. I once dug up the skeleton of a horse buried years before. While digging it up, I found sum roots, and as no vegetation was anywhere near the spot, I lookt around to see from whence the roots came. I finally traced them hundreds of feet away to a grapevine. The "soul" of this grapevine must hav had a *desire* for sum of the elements in that

skeleton, or it would not hav sent its tentacls that great distance to obtain it.

Recently I had sum excavation done where water had draind for several years. In this excavation I found roots of palm trees that wer nearly two hundred feet distant. The palm trees *desired* water and by sum unexplainabl force they wer abl to push their roots out thru the hard adobe soil until they reacht this place where the ground was wet. Had there been no water pourd there these roots would never hav gon there, becaus where there was no water there wer no roots.

These ar only two illustrations of hundreds that I could giv to make my premises sound when I use the word *desire* for inanimate life as wel as for animate life.

*Thot* is a specialized vibration which puts into concrete form *Desire*. Therefore I shal briefly discuss *Thot Vib-ratology* becaus of its importance in one's wel being.

The effect of *mind over matter* is greater than many dream. Therefore anyone who wishes to obtain helth and retain it, or in other words obtain YOUTH and retain YOUTH, must cultivate the right manner of thinking.

---

#### LOVE'S AGE

"Love's old as the world," yu say?

Nay, dearest, that is far too yung.

Wer Love no older than this tiny, whirling part —

But lately born — of the great universe,

True wer the pagan ges

That made a thotless boy at play,

Wounding poor mortals with his golden dart,

The type of Love. Aeons ere the erth was flung  
Forth from the sun, to be the stage where we rehearse,

Deep in the fathomless

Abiss of primal Space — its living Hart —

Love dwelt alone, older than Nite or Day;  
For God is Love, and Love is God.

—*Anon.*

## THINK

*"As a man thinketh, so is he."*

Just at this time we ar hearing and reading a great deal about "spiritual healing," "mental healing," "thot transference," *thots ar things* and allied subjects.

For sum reason or other, this subject has been clast under the hed of "New Thot." Just why, I cannot understand, becaus in the ritings of the old filosofers, we see every indication of their belief in what we now term, "New Thot." So, wer I to hav my choice of terms, I would say "old thot," "original thot," or "natural thot."

Very few peopl *think*. They acquire the habit of reading, but the faculty of thot dies from disuse atrofy. Not long ago when a frend of mine herd that I was ritng on sum of these subjects, he askt me if I would not like to borro his library of books on "New Thot" and allied subjects. I told him that I did not becaus if I *red* on that subject I might copy the thots of others and forget to think on my own account. It is much easier to ride up hil than it is to walk up hil, and it is much easier to copy than it is to think.

A few months ago I had occasion to look up sum special subject in therapeutics. I lookt thru a large library of books on the subject, and altho I traced it back for about fifty years thru more than that number of authors, I found not one new idea exprest — all was copied from the first riter, who was evidently the only *thinker*.

*Thots ar things.* I wish I could impress upon every reader of this book the fact that *thots ar things* and can be as dedly as the most poisonus gas, or as life-giving as sunlight. We often hear the expression that there is nothing new under the sun, and in one way that is true, becaus what we call "new" is the product of a specially differentiated *thot*.

I want my readers to be imprest with the fact that there is such a therapeutic agency as *that* or *desire*.

If the body be made wel and the mind remain unchanged, the person wil stil be sick. In other words, unless the mind work in unison with the body, one cannot expect to reciev relief. It is for that reason that I want to impress forcibly the fact that if one wish to obtain helth he must *desire it*, putting his mind on it and working with the *faith* that he wil get wel.

No one should ever go to a physician for treatment unless he hav faith that the physician can help him. It is worse than throwing away time and mony. A person should believe that he can attain to sumthing, and then work with all his might and energy to reach that goal.

To attempt to recover from an ilness and stil believ yu cannot recover, puts yu in a hopeless condition, becaus "*as a man thinketh, so is he.*"

It matters not under what name a method of healing may travel, if it giv aid to the patient either bodily or mentally, it is a good method, and *it is the duty of every physician to employ every means at his disposal for treating the sick and comforting the afflicted.*

The time has cum when we must not close our eyes to *facts as they ar*, or to conditions as they ar today. Do not scoff at any method of healing, but study it and lern what there is of merit in it. By so doing yu wil be abl not only to benefit yourself, but to benefit others.

Often sick persons ar kept sick by having a nurse or sumone about them that annoys them or has a bad effect upon them in sum manner. If aware of this, it is the duty of the physician to remedy it.

If one hav sunlight in his soul, that sunlight wil be reflected from his face to others and thus lighten the way. If, however, one be pessimistic and hav clouds within, those clouds often thro a pall over those with whom they cum in contact. Those who ar taking care

of the sick or afflicted should be optimistic and cheerful  
in order that they may shed sunshine upon the patient.

---

### PRAYER

Who pants and struggles to be free,  
Who strives for others' liberty,  
Who failing, still works patiently,  
    He truly prays.

Who loving all dare none despise,  
But with the worst can sympathize,  
Who, for a truth, a martyr dies,  
    He truly prays.

Who, when a truth to him is known,  
Embraces it thru smile and frown,  
Who dares to hold it tho alone,  
    He truly prays.

In musing strength must cum to dare,  
Petitions air but empty air,  
Brave action is the truest prayer,  
    Thus lern to pray.

—A. B., in *Higher Humanity*.



Inasmuch as many physicians hav adopted my Bio-Dynamo-Chromatic method of diagnosis (B-D-C sistem), and becaus many magazines hav publisht accounts of it, it might be of interest to my readers to kno just what it means.

The word Bio-Dynamo-Chromatic cums from the Greek words *Bios*, meaning life; *Dynamis*, meaning force; *Chroma*, meaning color. Therefore it signifies the aplication of fisical forces thru the living body, as interpreted by colors.

We all kno that the magnetic needl is held in its position by means of sum unseen force. Years ago I concluded that it was this same force that enabld the carrier pigeon to find its way home. I found if the pigeon had tuberculosis, it could not find its way home. I later found that all birds wer affected in the same manner.

A detailed illustration of a magnetic needle, which is a thin, elongated metal rod with a small magnet at one end. It is mounted on a vertical stand with a circular base. The needle is positioned vertically, with the magnet at the top. The background behind the needle is a simple, light-colored wash.

I also discoverd that the tension of the blood vessels was different when a person faced east or west in a dark room than when he faced north or south, provided he wer not suffering from any diseas or toxemia. On the contrary, if he wer suffering from any toxemia the magnetic-meridian energy would hav no effect upon the blood vessels.

I then lernd that radiating light thru a certain color would caus the blood vessels to hav a "normal" tension

when a person faced from east or west to north or south, if he were suffering with tuberculosis. I later found another color would produce the same result in a person

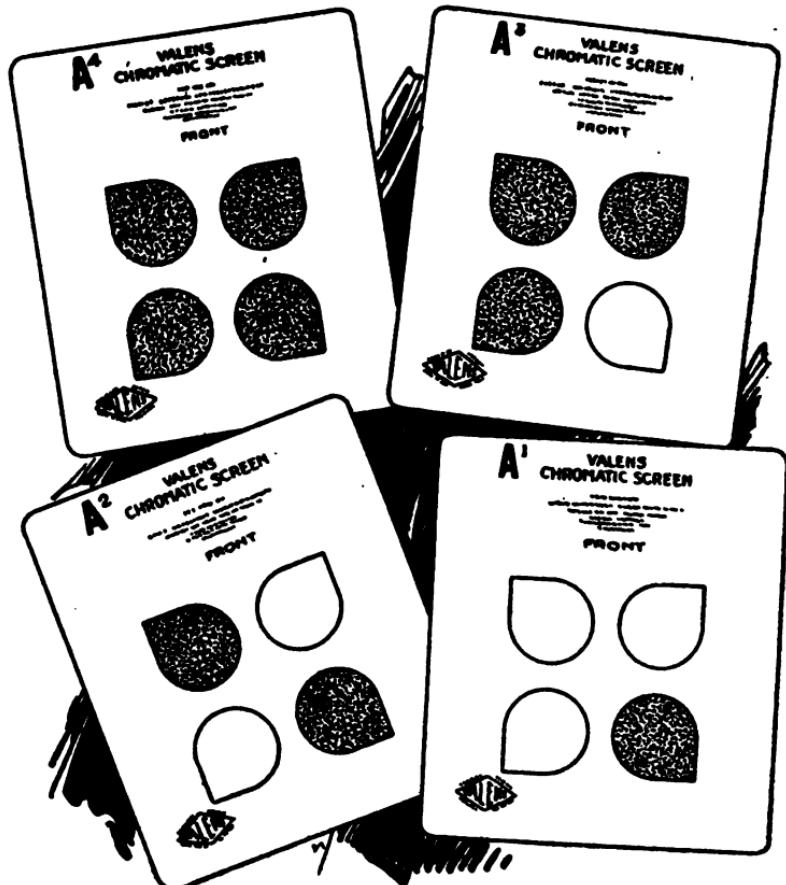


Figure 78

having cancer, another for syphilis, and so on. At the present time I am able to distinguish *any* toxemia by this method, because only one color vibration will temporarily normalize an abnormal condition in a person, and by knowing what color temporarily normalizes any given disease

one is abl to determin just what the diseas is by folloing out a certain tecnic.

This method can be used not only for *diagnosing* diseas, but it is being used very successfully as an adjunct in *treating* diseas (Bio-Dynamo-Chromatic Therapy).

Fig. 77 shows one of my B-D-C diagnosing outfit and Fig. 78 shows sum of my B-D-C screens.



JAPANESE SUNFLOWERS

327 South Alvarado Street, Los Angeles, Calif., 1920  
Blossoms ar one solid mas of brilliant yello.

## CONDENST OUT-OF-DOORS TREATMENT

Inasmuch as so many of the leading magazines have spoken of my work under the term of *Condenst Out-of-Doors Treatment*, I have adopted it as a general term covering the methods I use and teach to physicians.

The term includes exercises, hygiene and dietetics as outlined in this book. In addition, it includes treatment by powerful incandescent lamps, actinic rays, color, oxygen vapor, spinal manipulation, vibration, etc.

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### *"Business is Business, But Men or Men."*

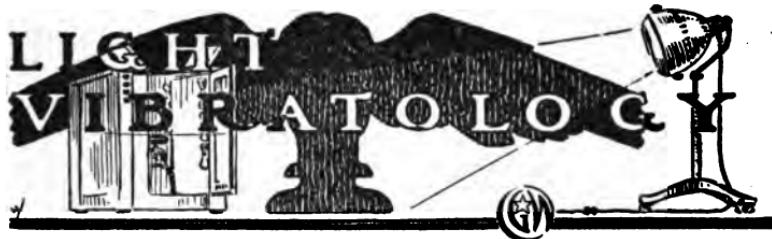
Business is business, but men ar men,  
Working and loving and dreaming;  
Toiling with hammer, or brush, or pen,  
Roistering, planning and scheming.

Business is business, but he's a fool  
Whose business has grown to smother  
His faith in men and the Golden Rule,  
His love for a frend and brother.

Business is business, but life is life,  
Tho we'r all in the game to win it.  
Let's rest sumtimes from the heat and strife  
And try to be frends for a minit.

Let's seek to be comrads now and then  
And slip from our golden tether;  
Business is business, but men ar men  
And we'r all good pals together.

—*Berton Braley,*  
In *"Higher Humanity."*



We all kno that sunlight is Nature's remedy, but we cannot all get pure sunlight. It can be had only at high altitudes above the dust that circulates in the air.

Thirty-nine years ago I began developing a sistem of powerful light therapy and used sum of the first filament lamps made by suspending them under a new, bright dishpan. I also bilt the first electric - light - bath cabinet, constructing it from a barrel. This beginning of electric-light therapy is illustrated in Fig. 79.

Fig. 80 represents the very latest radiant-light-treatment lamp and bath cabinet that I hav been interested in developing. They ar known as the *Burdick Deep-Therapy Lamp* and the *Burdick Electric-Light-Bath Cabinet*.

Fig. 81 shows three of these wonderful lamps radiating their powerful rays from specially bilt globes on a patient lying on a *tilted tabl*. The tabl being tilted in this manner allows *gravitation* to aid in reducing congestion in the pelvic organs or in the lower extremities.

In this manner, one not only utilizes the "condensst

*sunlight*," but gravitation in producing relaxation and equalizing pressures within the body.

Fig. 82 shows a patient on a flat tabl with five of the powerful deep-therapy lamps radiating light over him. The bare body exposed to the air can stand an almost unbelievabl amount of light on it and remarkabl results ar obtaind therefrom.

The light from these lamps penetrate the whole body and powerful light is the most wonderful agency for rectifying faulty nutrition and overcumming anemia, tuberculosis and all manner of diseases. It is in reality *the natural way*.

Fig. 83 illustrates a baby being treated by one of these powerful deep therapy lamps.

*Actinic rays*, or *ultra-violet rays*, from mercury-vapor lamps represent the chemical rays in sunlight that wil not pas thru glas.

These *actinic rays* ar produced by the vapor of boiling mercury inside of quartz tubes. The development and use of such lamps has markt a new era in Light Vibratology.

Fig. 84 represents the *Hanovia "Alpine Sun" Lamp* (quartz, mercury-vapor lamp), and Fig. 85 represents the latest model of the *Burdick Quartz Mercury-Vapor Lamp*.

These lamps produce the most powerful rays that



- 1920

Figure 80

one hundred thirty

wil not pas thru glas, but wil pas thru quartz. The rays from these lamps ar the *ultra-violet rays* which ar not to

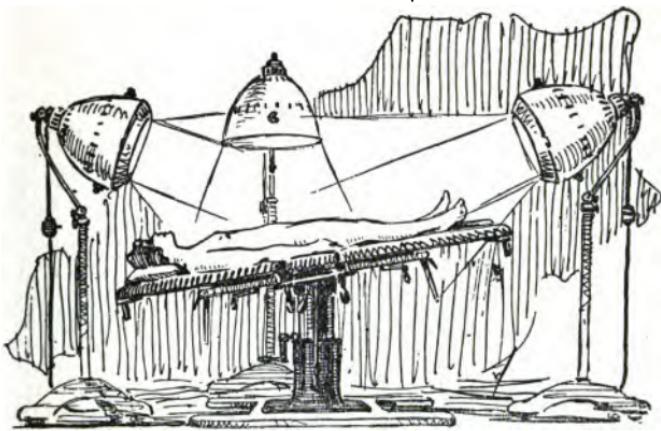


Figure 81

be confounded with the so-cald "violet rays." The latter hav no chemical value. They simply giv a purpl color

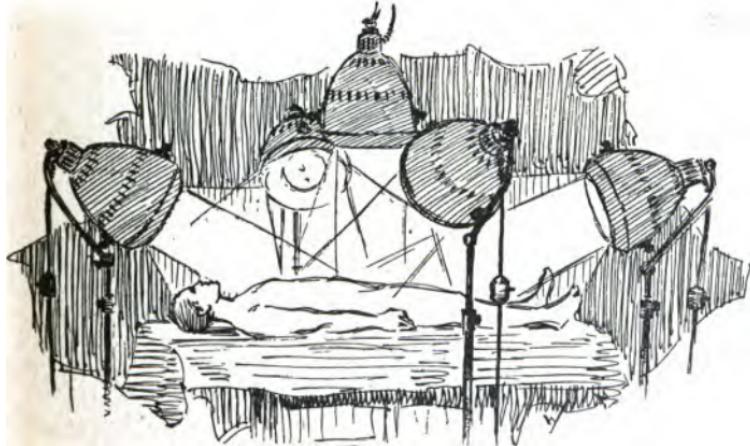


Figure 82

and make the skin tingl. One must remember that the *true ultra-violet rays* wil not pas thru glas to any apreciabl extent.

In order that my readers may not be confused about these rays I do not use any of these "violet" terms. In describing my work with these rays I designate them as *actinic rays* or actinic light from quartz, mercury-vapor lamps.



Figure 83

*Actinic rays* tan the skin as deeply as sunlight and produce wonderful results in nearly all cases of *anemia*, *tuberculosis* and all manner of skin diseases.



Figure 84

The air in a room where a quartz, mercury-vapor lamp is burning is changed so as to be almost the same as the air on high mountain peaks, and one can "smell" the light from these lamps and can liken it to the air following a thunder storm in the mountains.

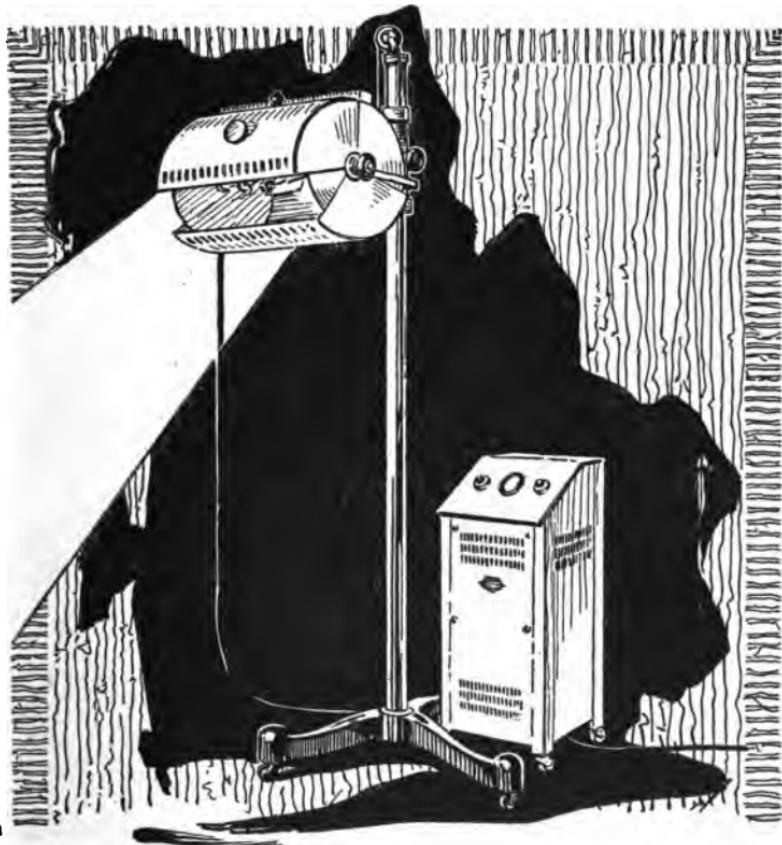


Figure 85

My method of using these quartz, mercury-vapor lamps is to *combine* their rays with the rays from the deep therapy lamps as illustrated in Fig. 86. This Fig. 86 represents the very latest tecnic in utilizing all the rays that one would get from the sun in the open at high

altitudes and gravitation, the patient lying on a tilted table with the head lower than the feet.

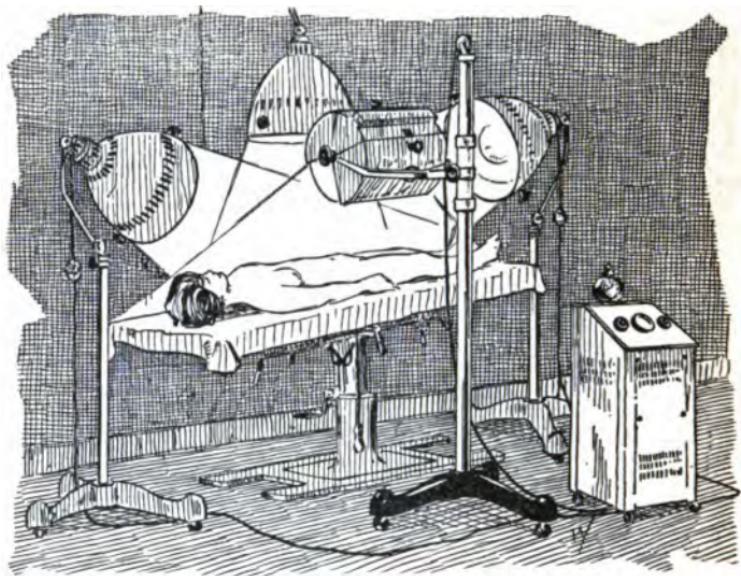


Figure 86

Another type of quartz, mercury-vapor lamps is represented in Figs. 87 and 88. The one is known as the



Figure 87



Figure 88

*Kromayer Water-Cold, Quartz, Mercury-Vapor Lamp,*  
and the other as the *Burdick Water-Cold, Quartz,*  
*Mercury-Vapor Lamp.*

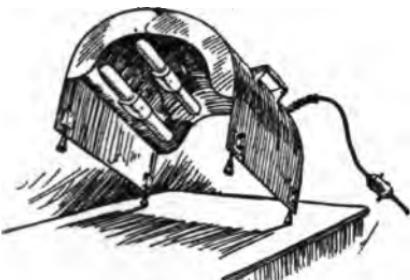


Figure 88a

are achieved by the use of such lamps.\*

Fig. 88a represents a Burdick Light and Heat applicator. It can be used over a person in bed.

Fig. 89 shows the latest Electric-Light Sitz-bath chair.



Figure 89

\*A complete treatise on Radiant Light and Actinic Light Therapy and Color Therapy, giving the latest technic with the newest lamps, is given in my book, "*The Natural Way or My Work*, Seventeenth Edition."



*Color* is universal and is the music of the universe. As such, it can bring joy or sadness to those who cum within its vibrations. Without color the monotony in Nature would be unbearabl.

*Color* is another of Nature's therapeutic agencies, and it can be utilized in a most remarkabl manner in keeping a person wel or in restoring one to helth.

There ar two distinctiv methods of obtaining the effects of color, one by *mobil color*, that is, by radiant light being past thru colord silk, parchment, glas or other media; and the other by colors being *reflected* from draperies, paper, ceilings, etc.

Color Therapy occupies a very important place in modern natural therapy.

### OXIGEN VAPOR

#### *Oxigen Vapor*

The term, *oxigen vapor*, was first coind by me and used in my lectures and ritings to describe an oily vapor produced from the *pinus* group of oils carrying availabl oxigen.

Oxigen vapor is in no sense a drug or medicin. It is radically different from drugs in that it strikes to the very root of diseas in a perfectly rational and natural manner.

## Oxixgen vapor is a part of my Condens Out-of-Doors sistem of treatment.



Figure 90

"Go to the mountains" is often the advice given to patients who ar not "up to par," but this is more easily said than done. Not every one can leav business and home. Neither has every one the cash required to meet the expense of such traveling.

"Mountain air" means clear, fresh air laden with oxigen that is easily taken up by the lungs.

Oxigen vapor differs from mountain air mainly in the degree of strength.

Oxigen vapor is generated by means of oxigen - vapor generators, one style of which is represented in Fig.

90, and another style is shown in Fig. 91.

The oxigen vapor is produced by breaking the air up by means of a high-frequency electrical current. This air is then drawn by the patient thru certain essential oils which will take out the nitrogen products in the air and let only the oxigen products pas thru. Thus the patient exercizes the lungs in drawing the air thru, and the air so drawn thru is what the blood requires.

I usually giv oxigen-vapor treatments in connection with Intermittent Colord-Light treatment, as shown in the Figs. 90 and 91.



Figure 91

## SPINAL REFLEXOLOGY Or Treatments Thru the Spine

### LAW OF JOINTS—McManis

In the degree that the flexibility and activity of a joint (including spinal joints) falls below normal, so will the blood supply to that joint and adjacent tissues (including the segments of spinal cord in relation) be impaired.

In addition to powerful Radiant-Light treatment, Color treatment and Oxygen-Vapor treatment, and other physical modalities, I make use of one of the oldest methods of treatment known namely, *Spinal treatment*.

We are more and more becoming aware of the fact that irritation of the nerves about the spine can produce ill effects in all parts of the body. Therefore one should never lose sight of the fact that treating the spine is of inestimable value.

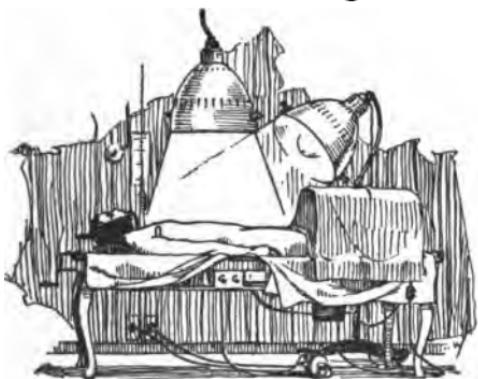


Figure 92a

*Couch.* It is electrically operated and gives rhythmic traction to the spine in such a manner that only good effects can come from it.

Fig. 93 represents the *McManus Traction and Spinal*

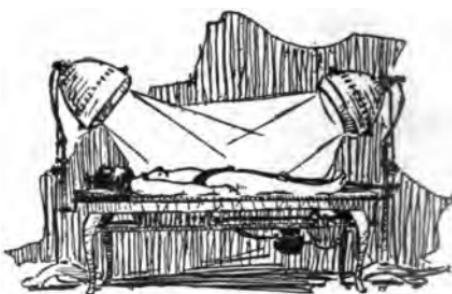


Figure 92

Figs. 92 and 92a illustrate one of the most effectual and modern methods of treating not only the spine but the entire body by means of powerful radiant light and *intermittent traction*.

The table represented in these illustrations is known as the *Reisland Therapeutic Traction*

*Treatment Tabl.* It is the most elegant treatment tabl made. I use it in conjunction with powerful light. Fig. 94 represents the *McManus Treatment Stool*.

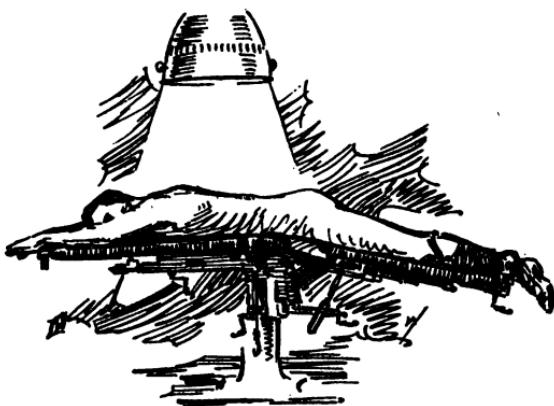


Figure 93

physician or by the patient. Many persons now hav these exercizers in their own homes for self treatment.

This exercizer, or therapeutic device, is made to fit the back in a most remarkabl manner and it is so constructed that when the person lies down in it, it wil wobbl in one direction and then immediately right itself and go in the other direction. In so doing it stretches the spine and abdominal musls and exercizes the viscera.

There ar many other tabls, stools, chairs and traction couches for treating the spine, but these represent their respectiv classes.

A treatment device or exercizer that is in a clas entirely by itself is represented in Fig. 95. This is known as the *Mac Kinnon Exercizer*. It

can be used by the

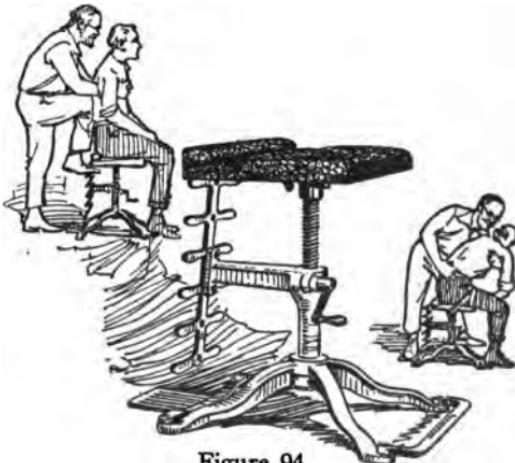


Figure 94

Many other adjuncts, such as sinusoidal therapy, pul-  
one hundred thirty-nine

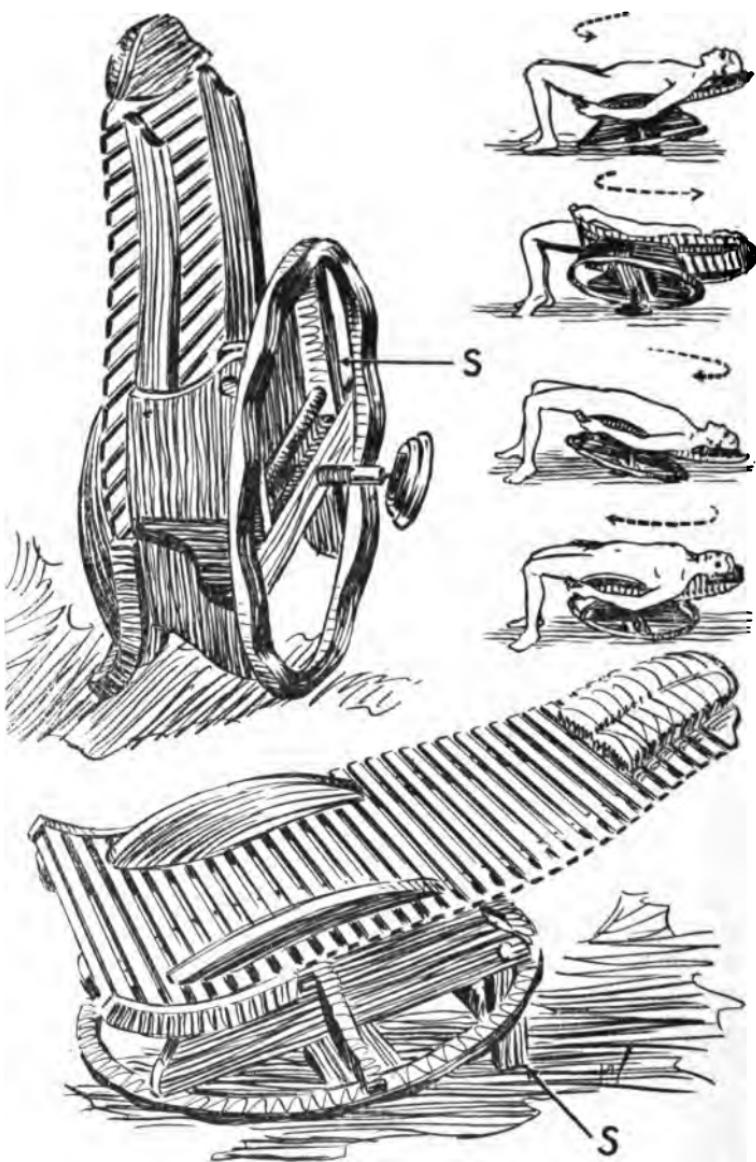


Figure 95

soidal therapy, vibration, magnetic-wave therapy and galvanism ar used by the most up-to-date physicians in aiding Nature to relieve suffering. Some of the devices and machines that I use ar shown in Figs. 96 to 103 inclusiv.

## THERAPEUTIC SPINAL CONCUSSION

### *Vibracussion.*

Fig. 96 illustrates one of the many methods that I employ for treating the spine. This is termd *Therapeutic Spinal Concussion*, and is the most ancient of all methods for treating thru the spine.



Figure 96

*cussion.* The term, *Vibracussion* is employd by musicians to designate the art of playing instruments that require a mallet, such as the xylofone, marimba, chimes, etc. I hav used the term *Vibracussion* to describe the tecnic of using vibration and concussion in unison. This sistem, along with powerful radiant light, produces beneficial results that ar quite fenomenal.

*Oscillation* is a peculiar form of vibration that treats the whole body and is of great benefit for reducing fat and general



Figure 97

stimulation. Fig. 98 represents the *Vibrato-Masseur*, one of the oscillators I use.

## PULSOIDAL THERAPY

Years ago I discovered that treating the body with rhythmical pulsations — four times the respiration — by means of electricity, would produce marvelous results.

The modality I termed *Pulsoidal Therapy*



Figure 98



Figure 99

because the correct rate of the pulse is four times the respiration.

Fig. 99 shows how I treat the eyes and upper spine by this method.

Fig. 100 shows how I

treat and often cure, infantile paralysis.

Fig. 101 shows how I treat other forms of paralysis by the pulsating waves of the sinusoidal currents adapted to contract the muscles four times during each respiration.

Fig. 102 illustrates the use of the *Pulsoidal Current* and powerful radiant light used together in treating thru the spine.



Figure 100

## ARTIFICIAL MAGNETIC VIBRATOLOGY

### *Artificial Magnetic Vibratology.*

I hav alredy mentiond the fact that *natural magnetism* has a decided action upon the human organism. This is shown in the development of my Bio-Dynamo-Chromatic method of diagnosis and therapy, grounding a person while sleeping, and the direction of a person's hed when sleeping.

Treating diseases by means of artificial magnetic currents has been used for years with more or les benefit according to the apparatus used and tecnic employd.

Fig. 103 represents the Bachelet Magnetic Wave Generator. This is a wonderful apparatus and produces wonderful results for high blood pressure, kidny diseases, and generally disturb'd metabolism.



Figure 101

## CHIROPRACTIC

Chiropractic is a term designating the treatment of the spine by means of the hands. The art has now been developt to such an extent that great good can be accomplisht by it.

In my book entitld "The Natural Way, Seventeenth Edition," I illustrate the treatment of the spine as I witness it when only a child, and as taut by my first preceptor in 1883.

Treatment of the spine is one of the oldest methods of treatment known, and every physician should kno sum-

thing about it if he wishes to do all he can for his patients.

## OSTEOPATHY

Osteopathy is another sistem for treating the spine and bony joints. There is much good in it and Figs. 93 and 94 sho sum methods of giving osteopathic treatment.

This also is a modality that every physician should kno sumthing about in order to do all that can be done for his patients.

*A true physician wil not hesitate to use any method or adjunct that wil be of benefit to his patients.*

## OBSERVATIONS

My readers wil see that I believe diet, exercizes and hygien as outlined in this book ar of the first importance

in treatment, and in nearly every case they wil prevent diseas as wel as cure it. There ar, however, instances when auxilliary mesures ar needed and I believe the best ar those alredy cited.

There ar sum conditions that I wish to lay special stres on, and first ar *diseases of the digestiv tract*, especially diseases of the stomach and



Figure 102

bowels. My observation as a general diagnostician has taut me that the majority of all diseases outside of veneral diseas ar due to derangements in the digestiv tract. Therefore I want to call attention again to the importance of the exercizes illustrated in Figs. 1 to 10, but especially the exercizes shown in Figs. 1 and 3.

Sum of the worst cases of stomach diseases that I hav ever had to treat hav been helpt more by these two exer-cizes than by any others.

The number of meals a day is a mooted question, but from my experience I believ two tablspoonfuls of food of the right kind, taken every two hours if possibl, wil rectify sum of the most severe cases of catar of the stomach. Eating only one meal a day at nite is entirely rong becaus the patient is sure to eat too much. Overeating at a singl meal is probably one of the primary causes of stomach catar as wel as catar of the intestins.

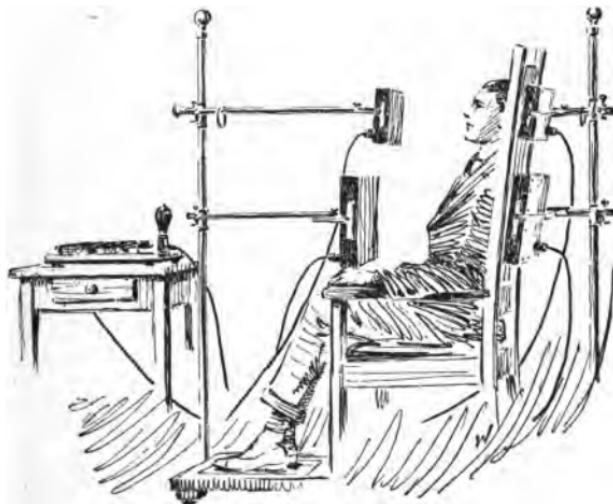


Figure 103

I hav had many patients who had followd the "no-breakfast" plan and the "one-meal-a-day" plan, but they got worse all the time. I was abl to cure them very soon by having them eat not more than two tablspoonfuls of food every two hours.

If a person wil eat only a small amount once or twice a day, that is one thing, but I never hav found anyone who wil do that. It is alright in theory but not in practis.

I hav not said much about the use of *popcorn* in this book, but fresh popcorn without any dressing, if taken in small amounts (one or two tablspoonfuls every hour), wil often cure cases of nervus dispepsia, burning in the stomach, and bloating causd by gas.

For *seasickness*, or the *nausea of pregnancy*, popcorn used in this manner is almost specific. I hav the patients keep a box right by the side of the bed and take a small handful and chew thoroly and slowly before they attempt to get up.

It is unnatural to eat by the clock, but custom seems to make it imperativ.

*Small amounts* at a meal is the keynote, and by a small amount I mean two tablspoonfuls of raw food, as outlined in this book. This method is for *remedying* the malcondition.

For those who ar not suffering from any stomach trubl, probably eating three times a day, as outlined in this book, and eating only a *moderate* amount, is the best plan becaus of habit and general conditions—not becaus it is natural.

In all the conditions named, I giv one general set of directions which aply to each of the conditions named unless otherwize specified.

Omit all tea, coffee, chocolate and cocoa.

Eat nothing made from white flour.

Eat no unnatural sweets, especially refined sugar.

Do not eat meat—this does not refer to fish.

Do not eat nor drink anything with glucose or sacarin in it.

Do not eat mushes.

Do not take anything made from coal tar. This especially aplies to *asperin* and all of the drugs of a similar formula under different names.

Do not use tobacco in any form.

Do not use cigarets.

Do not use any narcotics.

Do not use any vaccines, serums nor "intra-venus" medication. None of them ar necessary and none of them do any good in the long run. If they apparently help one condition, they wil create another condition that is worse. They ar entirely unnatural.

Do not be afraid of catching any diseas. Fear is the worst dis-eas of all.

*Eat only one-fifth as much as yu think yu need.*

*Exercize regularly and sistematically.*

*Be happy that yu don't hav so much trubl as sum other fello.*

As much as possibl, adhere to a raw diet.

*Do not eat yeastcakes.* Yeastcake dispepsia is alredy here.

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Under the old sistem of arranged diet, scientists classified food into protein, carbo-hydrates, fats and mineral salts, but they faid to emphasize the fact that the salts must be in natural combination (vitamins) or the life-sustaining property of the food would be nil.

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The value of citrus fruits lies not so much in the amount of proteid, carbo-hydrates, fats and mineral salts containd therein as in the effect they hav upon the general nutrition or metabolism of the person partaking of them.

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The value of food cannot be mesured by "calories" but by its general effect upon metabolism. Often food of very lo "calorie value" is most essential and beneficial in sustaining life.

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The real life in raw food can never be analyzed becaus the life element is destroyd by analisis or heat.

## MEDICINAL REMEDIES

Altho I believ in natural methods in preventing and treating all diseases, I would not clas a naturopath as a "drugless" physician becaus foods ar drugs if used in that manner. The word, "*drug*," in a broad sense means *remedy*, and a drug does not necessarily hav to be a dope.

Sum medicins I hav used becaus experience has taut me that they helpt in the correcting of injury. Sum remedies act like a crutch in aiding Nature.

### *Iodin Therapy.*

One of the remedies that I hav found very efficient, if taken in the exact manner that I shal outline, is *Iodin*. This remedy I find beneficial in nearly all diseases of the respiratory tract such as catarral conditions, bronchitis, laryngitis, neumonia, tuberculosis, and sum forms of anemia.

Iodin as wel as sulfur is very beneficial in nearly all skin diseases. The form of Iodin I use is known as "*solubl iodin*." That prepared by the Keysall Chemical Company, Kansas City, Mo., and that by Burnham Solubl Iodin Co. of Auburndale, Mass., ar two standard preparations, altho there ar many others that ar probably just as good.

I begin with one drop and work up to five for a five-year-old child, and for a fifteen-year-old child I work up to ten drops. For one past twenty years of age I would work up to twenty drops three times a day.

The method is as follos:

Begin with one drop, two drops or three drops, depending upon the age of the patient, giving it in a littl water three times a day two hours before or after any meal in which there is starch.

Increas this dose one drop a day until the maximum amount is reacht. For exampl, three drops three times a day the first day; four drops three times a day the second day; five drops three times a day the third day and so on.

After the maximum amount is reacht, continue with that maximum dose three weeks, after which skip three days, giving none at all, and begin at the minimum dose and work up again. Repeat this schedule as long as it proves to be beneficial.

Iodin can also be given thru the skin by using what is known as "*Stainless Iodin*," which is iodin sublimed in an oil base. That sold under the trade name of *Iodex*, I hav found to be perfect.

### *Sulfur Therapy.*

I do not hav much faith in giving sulfur internally, but I hav faith in giving it thru the soles of the feet. I use it in many skin diseases, especially those that hav a burning sensation like *eczema*.

My plan of using it is to take the flowers of sulfur or precipitated sulfur, put it into a pepper shaker, and shake it into the bottom of the shoes every morning before putting the shoes on. Within two or three weeks sulfur so used wil saturate the body so that if one wears any gold or silver it wil turn black.

The bowels should be kept wel opend with senna prunes or sumthing else while using sulfur in this manner.

### *Podofillin, Mandrake or May Apl.*

This is often very useful for treating *torpidity of the liver*. I find that prepared in one-sixth grain granules by Abbott Alkaloidal Co., of Chicago, Ill., is very effectual.

My plan of using it is to giv one one-sixth grain granule after each meal for two or three days, or to giv two after each meal for a few days until the bowels ar quite loose, and then stop.

In sum cases of habitual torpidity of the liver, it is often wel to take podofillin pills, one or two after each meal, one or two days of each week, until the condition is reliev'd.

## CLASSIFIED INFORMATION

### *Abortion.*

The word *abortion* signifies the premature stoppage of a morbid or natural process, but as used here, it refers to the expulsion of the fetus before maturity.

Many women would like to carry the fetus to maturity but because of sum weakness in the pelvic organs, they ar not abl to do so. If, however, they carry out the diet and exercizes as outlined in this book, they wil hardly ever hav any trubl.

Walking on-all-fours is one of the very best procedures for preventing abortion.

Riding horseback or riding in an automobile over ruf roads, if the springs ar not very easy, jumping, lifting hevy weights, etc., tend toward the premature birth of the fetus if the pelvic organs ar not strong.

Treatments that shake the body a great deal, or stretch the spine, or stimulate the lower part of the spine, ar all liabl to produce abortion and therefore ar contraindicated for pregnant women or those who wish to becum pregnant.

### *Acne (Pimpls, Blackheads)*

*Acne* is so common among yung peopl that they often neglect it until their face, neck and shoulders ar scard for life.

*Acne is not a natural condition of adolescence.* It cums entirely from errors in diet and hygien. No medicin can cure acne. It is not a diseas, but a symptom of a disturb'd metabolism—that is, for sum reason or other the food is not properly assimilated.

Nervus conditions may so derange the digestiv appa-ratus that it does not work properly, or the food may be rongly prepared and combined.

Eat only a moderate amount of sweet fruits and starch foods. Eat acid fruits for breakfast, green salad herbs for one meal, and a moderate amount of legumes or other starchy foods for the other meal.

Eggs, milk, and fish are contra-indicated.

Scrubbing the skin with soap and water often makes acne worse. It is best to thoroughly wash the skin with hot water and then with cold water.

If the acne be very bad, a good poultice put on every night is beneficial.

Do not use greasy salves or ointments. The best treatment is powerful radiant light, including the actinic rays from a quartz mercury-vapor lamp. (The quartz mercury-vapor lamp gives *ultra-violet* rays. Do not confuse this with "Violet rays." "Violet rays" mean nothing but rays from a high-frequency tube or a colored light. They have no special beneficial effect. *Ultra-violet* rays are produced by boiling mercury and will not pass through glass. Therefore they are generated within quartz tubes. Such lamps are very expensive and can be used only by those who have been trained, so are not suitable for home use. Arc lamps also produce *ultra-violet* rays.)

There are many advertisements of "violet-ray" lamps to be used for acne, but these lamps are only a cheap form of glass vacuum tube which carries a high-frequency current generated in a little coil in a box that goes with the outfit. These rays are of no special therapeutic value.

Very often acne in young girls signifies some trouble with the pelvic organs, either organic or functional. If the menses are irregular or delayed, that condition should be taken care of. (See *Menses*.)

Acne in boys or young men often means a sexual neurosis. This should also be attended to in the proper manner. (See *Sexual Disorders*.)

### *Adenoids*

I do not believe any child or adult would have an excess of adenoid tissue if they breathed through the nose and lived

properly. Surgical removal of the adenoids is very rarely necessary. If parents knew how important it is to hav their babies breathe thru the nose, there would probably be no excessiv adenoid tissue in their children's breathing passages. In fact, I hav never seen excessiv adenoids in a child that breathd thru its nose and was fed properly.

Artificial feeding, especially of prepared foods which hav been denatured, is very often responsibl for adenoids. Sweetend condensd milk is often the caus. Feed the child on fruit juices and vegetabl juices insted of cereals and artificial food, including animals' milk, if it cannot hav its mother's milk.

Adenoids ar often causd by allowing a baby to chew a ring or suck a "comforter" or the thums or fingers.

"Adenoids" in an adult usually hav to be removed surgically. "Adenoids" wil return unles the habits ar alterd.

### *Adhesions*

Adhesions ar usually the results of operations but they might be the result of burns or other injuries.

The best way to stretch them out is by massage, using a paraffin oil to lubricate the parts that ar being massaged.

Powerful radiant light also is of great benefit in relievng adhesions, and it is often very advantageus to use massage along with the powerful radiant light.

Often vibration, carefully aplied, wil reliev adhesions.

If a person has to hav an abdominal operation per-formd, they should insist upon having sterilized olive oil put into the abdomen just before the final closing up is done, and then after the operation is completed the body should be turnd every fifteen to thirty minits for at least forty-eight hours, so as to keep the oil moving about the intestins. This wil do more to prevent adhesions after an abdominal operation than any other procedure.

### *Alcoholism.*

One would not expect that physicians would be cald upon to treat alcoholism in a cuntry that has "gon dry,"

but those who hav the "alcoholic thirst" get sum kind of alcoholic drink that produces alcoholism.

The best way to treat alcoholism is the same as I advize for any drug habit, namely, *abstain from the use of the drug or drink*. Instruct the patient to drink quantities of water whenever they feel the unnatural thirst or the craving for the drug. Chewing dried lemon peel, swalloing the juice and spitting out the residue, is a great aid in curing alcoholism as wel as any drug habit.

If ever a raw diet as outlined in this book is indicated as a curativ mesure, it is indicated in treating alcoholism or any drug habit.

#### *Alopecia (Baldness, Los of Hair)*

Probably excessiv wetting of the hair is the caus of its los with the majority of peopl. I hav often notist that peopl who seldom washt their hair had very hevy hair. Men who continually scrub their hed ar usually bald.

Women who greas their hair continually ar usually bald.

Wearing a tight hat appears to hav a tendency to make a person bald. It would be better to not wear a hat. Peopl wear them becaus of fashion more than for anything else.

To make the hair gro, I believ thoroly massaging the scalp every day is of great benefit.

If a person has a dry scalp, massaging with a small amount of yello vaselin every day is often beneficial.

The use of alcoholic preparations on the scalp, altho they wil sumtimes clean the dandruf off, wil never cure it.

Sumtimes thoroly massaging the scalp with vaselin wil remove all the dandruf, and it can often be kept free from dandruf in this way.

Scrubbing the dandruf off with soap and water wil make all the more cum.

A hard brush or a wire brush is sure to make the hair fall.

The use of powerful radiant light and *actinic rays* along with careful and systematic massage of the scalp is often very beneficial in making the hair grow.

If young people knew how to live properly and take proper care of their hair, there would be no bald heads to treat. (See *Personal Hygiene*, p. 36.)

#### *Amenorrhea (Delay or Cessation of Menses)*

There are many methods of helping this condition, such as exercises and hygienic and therapeutic procedures.

An over-fat girl will often be subject to amenorrhea, and the first procedure is to reduce the diet and reduce the fat.

An anemic girl is often troubled with amenorrhea and in that instance proper eating of raw foods, especially the salad herbs, is of paramount importance.

Hot sitz baths are of great value if used just about twenty-eight days after the beginning of the last menstrual flow. Electric-light sitz bath is far superior to the wet sitz bath. (See Fig. 89.)

Soaking the feet in hot mustard water is also often of great benefit.

Relieving constipation and producing a looseness of the bowels will often overcome the cessation of the menses.

Stimulating the uterus thru the vagina or thru the rectum is often very beneficial in bringing on the menses. This should be done only by a trained physician.

Hot vaginal douches of a normal salt solution (teaspoonful of common salt to the pint of water) is often very beneficial in producing the menstrual flow.

Manipulation of the spine, either osteopathically or chiropractically, works wonders, if properly performed.

Powerful radiant light, along with traction (especially if the traction be intermittent) is probably the best procedure of all.

If the cessation of the menses appears to be the beginning of "the change" (menopause or climacteric), or is caused by pregnancy, then traction of the spine is contra-indicated.

### *Anemia*

Raw diet, especially of the green salad herbs, is without doubt the first and best remedy for this condition.

Sunlight, fresh air, and having the whole body bare in the sunlight as much as possible, are of great value in this condition.

Powerful radiant light and actinic rays are the best auxiliary treatments.

There are really no medicines that are of any use for anemia for the reason that the blood will not take up inorganic minerals nor insoluble salts. However, it will take up the organic iron found so plentifully in raw alfalfa and red clover, spinach, watercress, dandelion, plantain, many of the flowers, and lettuces.

### *Aneurism*

Inasmuch as aneurism is a dilation of a blood vessel, the less work the vessel has to do, the better. Consequently the amount of liquids should be immediately cut down to a minimum, and other exertion of the heart should be avoided.

This is another condition in which a raw diet has a very peculiar action, because it helps strengthen the blood vessels.

### *Appendicitis*

What used to be colic is now called appendicitis, and probably the majority of cases of appendicitis are nothing more nor less than gas in the cecum or impaction of fecal matter in the cecum.

Many cases of ordinary colic, or wind in the large intestines, are diagnosed as appendicitis.

The only preventive and cure for such a condition is regulating the diet. Probably a tablespoonful of mineral oil (paraffin oil) two or three times a day is a help until the soreness of the bowel is relieved. Then olive oil along with a raw diet will produce wonderful results.

The treatment for true appendicitis or colic is powerful radiant light. If a person cannot obtain that, hot applications, hot fomentations, or stupes of varius kinds are to be recommended. A teaspoonful of turpentine to the quart of hot water makes a turpentine stufe, but I believe the eucaliptus-oil stufe is better. That is made by adding a teaspoonful of oil of eucaliptus to the quart of hot water. Many other oils can be used, such as oil of peppermint, oil of wintergreen, oil of sassafras, etc.

Avoid cold applications in all inflammatory conditions of the abdomen. The only instance in which I would advize cold applications across the abdomen would be where a fever had reacht 105° F., or over, and could not be brot down by enemas or other procedures. Then sumtimes an ice bag is the only emergency treatment for preventing deth.

#### *Arteriosclerosis (Hardening of the Arteries)*

This condition can be so permanently relieved by means of the diet outlined in this book that it seems a pity so many persons hav to die becaus of hardening of the arteries.

Until the hardness of the arteries has been overcum to sum extent, one must be very careful about taking much liquid into the sistem, and should avoid violent exercize.

In arteriosclerosis the arteries can be likend to an old rubber tube, and bending them or putting undue stres on them is liabl to break them and caus not only apoplexy, but many other conditions such as abscesses within the body.

Powerful radiant light and the magnetic-wave current ar of inestimabl value in the treatment of this condition.

#### *Arthritis Deformans or Reumatoid Arthritis*

This condition is causd by deposits in the joints and is brot about by errors in diet or a deranged metabolism. Overwork wil produce the same condition.

Regulating the diet is the first procedure and then the application of heat in the way of radiant light if possible. If not, hot fomentations are of great benefit.

Do not have the teeth extracted to overcur the condition, and do not have different organs in the body removed to overcur it, because the second condition will be a great deal worse than the first.

A hot, dry climate is often a great aid in remedying this condition.

### *Asthma*

This condition is best handled by diet and breathing exercises. If one will follow out the instructions given in this book for breathing, it will prevent asthma and do more toward curing it than any other procedure. Use the spirometer daily and watch the output of air.

Neck exercises, as outlined, are of great value in this condition.

Oxygen vapor is also of great value.

Powerful radiant light will often do a great deal in relieving this condition.

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### SUCCESS

Know this, my friend, that true success means more  
Than riches or a wide, impotent store  
Of goods laid up. Nay, rather, these are lures  
Which dull the *mind*, whose store alone endures.

No world has power to either make or mar,  
What we have made of Life is what we are.  
And true success comes not until the soul  
Seeks God and finds in Him its highest goal.

—Elizabeth Boreno.



## BABY FEEDING AND CARE

As I hav previously mentiond, the statistics sho that over 250,000 babies under one year of age died in this cuntry during 1920. Inasmuch as the majority of babies ar wel born, it shows that there is sumthing radically rong in the way they hav been cared for after birth.

I think the notion that mothers hav of having a *fat* baby is responsibl for much of the baby mortality. *Fat* doesn't *mean helth*, and the sooner that is imprest upon our minds, the better. Sum of the fattest babies I hav even seen hav died before they wer a year old, while the thin ones that had a good clench to the fist would liv thru thick and thin and gro to be strong, sturdy children. The fat, flabby babies liv in spite of their condition, not becaus of it.

The over-clothing of infants is another caus for the hevy mortality. In warm wether it would be better if they had nothing on, and when in a warm room they should hav as littl on as possibl. When they ar taken out of doors in cold wether is time enuf to wrap them up.

*Laying babies on their backs is an unnatural custom.* They should be laid on their face on a hair or hard cushion—never on fethers. There is no danger of their smothering any more than a kitten would smother. If a kitten or puppy or any of the animals wer kept on their backs, they would not long survive. *The natural position for a baby is on its abdomen.* If reard in this manner, before they ar very old they wil begin lifting themselvs on their hands and get into the all-fours position, which is the natural position. They wil cultivate deep breathing and better musls if laid on the abdomen faster than in any other manner.

Children should be kept creeping on-all-fours as long as possibl. Sum unfortunate children hav sagging of the stomach and intestins before they ar ten years old. Such children ar often pot-bellied. Teach the child to walk on-all-fours a great deal even after they begin to walk. Walking on-all-fours is one of the best exercizes for grown-ups as wel.

(As before stated, if the pregnant mother wil walk on-all-fours, she wil hav an easier labor and a helthier child. Another point I wish to mention here is about the position of the mother during delivery. Lying on the back is rong and delivery would be easier and more natural if the woman took the hands-and-nees position.)

A baby wil hardly ever be constipated if taut to be on-all-fours a good deal. The abdominal musls becum stronger.

A baby should be taut to strain at stool insted of sitting the same as on a chair. Having a child assume a squatting position or drawing the nees up close to the abdomen while at stool is another method of keeping them from becumming constipated.

Owing to the way we hav been traind, a child should be put to stool at regular hours every day. If its bowels move two or three times during the day it is not too much. If a child went naked and walkt around on-all-

fours, just the motion alone would caus its bowels to move several times a day.

In this connection, I should like to quote from that widely experienst, progressiv physician, Dr. Charles E. Page of Boston from *Clinical Medicine* of March, 1921.

"1. Place the new-born baby right side up *à la* kittens and puppies.

2. Keep him naked part of the time, and in light drapery all the time in warm rooms and in warm wether so that the skin may hav a chance to breathe.

3. Feed abundantly but not to excess. Never force nor tempt the appetite. Giv the brest or other food only when baby is manifestly hungry.

4. Beware of fattening. Surplus fat is a handicap and a threat for disaster.

5. Keep him creeping as long as possibl and discourage his tendency to walk on his hind legs. The parents may wel set the exempl by crawling with him themselvs on hands and toes, to their benefit as advocated by wel-informd biologists and scientists at home and abroad.

In addition to all this, we may wel urge the importance of the right position of the mother at birth, namely, on her nees instead of on her back, a plan that would giv her as fair a chance to empty the uterus as the bladder or bowels. This would tend to make every birth virtually safe and painless; with better results for both mother and child. Thruout the period of pregnancy the prospectiv mother should liv activly and hav regard for the advice above mentiond."

I am often askt just how I would feed an infant that is so unfortunate as to not be abl to nurse. In the first place, I would not feed it nites, but would begin feeding erly in the morning orange juice, about a tablspoonful to a feeding. I would feed every hour if the child showd inclination for it.

About ten o'clock I would giv it juice from dried prunes, dates, figs and raisins, or all mixt, after having

been soakt in water over nite. Alternate with the juice from the green salads such as spinach, lettis, celery, dandelion or any of the garden herbs. The juice from these herbs can be given in amounts of one tablspoonful and can be given at the same feeding as the juice from the sweet fruits.

In the afternoon I would giv the juice from raw carrots, beets, turnips, potatoes, or any of the vegetabls. These juices can be given in feedings of one tablspoonful, and if the baby cald for it, feed every hour. These feedings should continue until about seven o'clock when the baby should be put to bed, and if properly traind it wil sleep until morning. Sum who ar folloing out this method of feeding giv the first feeding at four o'clock in the morning.

No salt or anything else is added to the feedings.

Until a mother has brot up one child in this manner, she can hav no idea of how strong and helthy and cold-resisting a baby wil be.

All the vitamins and the strength and bone-giving elements ar in these raw foods.

They should be warmd to the temperature of the body before feeding, especially in cold wether. A child's stomach wil not act naturally if chilld.

As soon as the child has teeth, or even a littl before, it can begin chewing on grated vegetabls and such dried fruits as prunes, raisins, dates and figs.

The utensils illustrated in this book can be used for preparing the juices of natural foods. (See page 88.)

Should the baby ever hav *diarrea* (which wil hardly ever happen), the orange juice and prune juice can be omitted for two or three days and water given in which ground roasted grains such as barley, rye, etc. hav been soakt. Roasted grains hav a tendency toward constipation and can be used as a remedy for diarrhea. For an infant they should be ground, roasted and soakt. The

grinding can be done in a mil like that shown on page 88, and the roasting can be done in a pan in an oven.

When other things cannot be obtaind, lemonizd milk can be fed to a baby and their littl stomachs nearly always tolerate it. Sientifically sourd milk we hav used for years as part of an infant's diet when vegetables and fruit juices could not be readily obtaind.

Never feed a child eggs nor fish. Bring a child up to its teens without any animal food unless it be sourd milk, sourd as above mentiond.

The genitals and the anus in both male and female babies should be carefully inspected and made right, if they ar not right, before the child is a month old.

I always advize physicians to dilate the vagina of every girl baby before it is a year old and often before it is a month old. It can be very readily done by means of a small blunt instrument wel lubricated with oliv oil.

The clitoris should also be wel lookt after to see that it is in normal condition. Many children ar made nervus by abnormalities or congestion about the genitals. Convulsions ar often causd by these abnormalities.

Don't frighten the child.

Don't let fear start to gro in the littl ones. Teach them to laf at "germs" and to ignore all germ-scares.



ORDS that carry  
light enlighten the  
speaker as wel as  
the listener.

## EXCESSIV FEEDING THE CAUS OF THE HIGH PERCENTAGE OF INFANT MORTALITY\*

Statistics sho that nearly one-third of all deths ar of infants under one year. All animals rear their yung with an almost unvarying certainty of their arriving at maturity without sickness of any sort. The yung of man, only, ar doomd to run the gauntlet of cruel and needless suffering of which but few more than half their number escape to reach adult age; while as said above, *nearly one-third* of all infants succumb the first year; and few of the remaining two-thirds escape a severe sickness, and about ten percent. more die before reaching two years of age.

The infant deth rate in New York City, "our great medical center," for the first quarter of this year (1917) was 3117; and in that city about fifty percent. of the total deths occur under the age of five years. Nature did not intend that these littl ones should suffer and die any more than she did the yung of the "brute" creation.

Dr. Charles Gilmore Kerley, Professor of diseases of children in the New York Polyclinic Medical School, recommends for a child under six weeks of age, nine ounces of milk, twenty-seven ounces of barley water, four teaspoonfuls of granulated sugar; given two to three ounces at two and one-quarter hour intervals; nine feedings in twenty-four hours. Consider that Prof. Kerley's six weeks' baby weighs ten pounds, and consider the needs of a working man to be equal in proportion to weight, a man weighing one hundred and fifty pounds should take fifteen times the quantity swallowd by the infant, or twenty-two and one half quarts — a quart for nearly every hour of the day and nite, or allowing nine hours

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\*This paper I am reprinting in ful. It was ritten and red by J. B. McMahon, M. D. of Louisiana but now of Los Angeles, Calif. It was red before the Beauregard Parish Medical Society June 17, 1917, and printed in the New Orleans Medical and Surgical Journal of Februbary 1918. It coincides almost exactly with my opinion and my findings, altho I hav lernd from experience and observation that *very small* feedings quite often is the natural way.

for sleep, then during each of the fifteen waking hours, he must swallow three pints of milk. It can readily be seen that the quantity is several times what could properly be taken in either case.

As has been indicated, the chief cause of infant mortality is excessiv feeding.

From time immemorial the one great anxiety has been to keep the littl darlings ful of sumthing from the time they cum into the world until their littl bodies ar carrid to the grave; or, by strange good luck, they survive until they reach the age of five years, when they ar fed on sumthing like the "three-meal sistem," and as a result comparativly few die between five and twenty years of age.

In spite of these figures, or becaus their significance has not been noted, it has not occurd to the peopl and to but few doctors to begin with les meals.

Dr. Page of Boston, in 1879 adopted the "three-meal sistem" of feeding his own child from the date of its birth, and she grew to be a helthy, wel-developt child; and at four months sat up erect on the floor without support.

A wel-fed babe should be comfortabl, happy, thriving, with wel-rounded body and lims, as they usually ar when they ar born, and not gross with fat; wheezing, stuft with so-cald colds, with sneezing and nose running, which is only an effort of Nature to reliev the clogd condition of the sistem produced by excessiv feeding.

My observation has led me to believ that too much and too frequent feeding is the caus of a vast majority of gastro-intestinal diseases, insted of the "quality of the milk" as is usually held to be the caus. One caus of excessiv feeding is the desire of the parents to hav a fat baby, and to be abl to say that he gains a pound a week, entirely ignorant of the normal growth of an infant from birth.

During the nine months of fetal growth, the increas, except in monstrosities, is about one-third of an ounce a

day, or two and one-half ounces a week. Why should it be rational for this natural ratio to be increase six or seven hundred percent. directly after birth?

Because of the irrational, first feeding during the first few months, the usual weight of the shockingly low percent. of the little ones, who have survived this unnatural dietary, is much less at five years than if the age of prenatal growth had been continued throughout these years.

Nature did not intend that a baby's stomach should be treated like a toy balloon, nor that a baby should suffer any more inconvenience from cutting teeth than the puppy, calf, or colt, but it is the popular idea that when an infant begins to teeth it is peculiarly liable to intestinal trouble. In no sense is sickness an incident of the natural process of teething.

It is simply coincident and arises from the fact that it is at this age that the system begins to break down under the excessive labor imposed upon the organs of digestion, assimilation, and excretion.

When I am called to a case of summer diarrhea, I stop all feeding for twenty-four hours or longer, with the exception of a little fruit juice occasionally, thereby giving the stomach a rest and Nature a chance to eliminate the pathological condition, and then, if I can succeed in having the little patient properly nourished, it soon recovers with very little, if any, medication.

*Bed-wetting (Enuresis) See Urin, Retention of*

## BIRTH CONTROL

Observers and statisticians tel us that not more than 10% of all children born ar "prayd for." If this be true, it is no wonder that we hav periodical states of unrest leading to murders and wars.

With every other animal that is under the control of humans, the *quality* rather than the *quantity* is considerd.

Public opinion is for "birth control" and probably after women becum used to handling our national affairs, there wil be no laws on the books to punish a person for telling a poor, helpless woman who is marrid to a worthless man how she can prevent additional misery for herself and for another generation.

The fact is that most of the women who should hav large families understand "birth control," but the poor, the cripld, the imbeciles, and the insane kno nothing about it, and according to law it is a crime to tel them about it. Hence our insane asylums, prisons and poor-houses ar fild principally with those who wer "undesired" from the first.

When "birth control" is in the hands of the women, children wil not be born and reard for cannon fodder. From what we hav red in the public pres during the past few years, it would seem as tho all the varius governments cared about increas of childbirth was to hav more material for carrying on wars—men to fight and be kild and women to be used as an inducement to keep the strife activ.

According to statistics 250,000 babies under one year of age died in this cuntry during the past year (1920). This is only a littl greater than the infant mortality of the preceding year. Think of the anxiety and suffering on the part of the 250,000 mothers in the short space of twelv months. If children wer desired and as much intelligent care wer taken in rearing them as is taken in rearing livestock, there would be no such awful record. This speaks bady for "civilization" and "medical progress."

*All children ar legitimate.* If there is anything on erth that is legitimate, it is the baby, and it is a blot upon "civilization" to call a child "illegitimate." It is hard enuf for the children that ar not wanted to survive without having this murdererus stigma put upon them. (This subject is taken up at greater length in my book entitld, "THINK.")

---

"God measures souls by their capacity  
For entertaining his best Angel, Love.  
Who loveth most, is nearest kin to God  
Who is all Love, or nothing.

He who sits

And looks out on the palpitating world  
And feels his hart swel within him large enuf  
To hold men within it, he is near  
His great Creator's standard, tho he dwels  
Outside the pale of churches and knows not  
A feast day from a fast day, or a line  
Of Scripture even. What God wants of us  
Is that outstretching bigness that ignores  
All littleness of aims or creeds,  
And clasps all Erth and Heven in its embrace."

—*Ella Wheeler Wilcox.*

---

The bacteriological age is passing. In a few years the eco of "stamp out bacteria and yu stamp out diseas" wil seem distant.

Bacteria ar a part of life and can never be stampot out without stamping out all life.

Soon "Seed, Soil and Stimulant" (the three S's) wil be studid together and HEALTH wil be the topic rather than diseas.

### *Birthmarks.*

Birthmarks indicate such marks as ar on the body of the child at birth, altho sum marks ar cald "birthmarks" that cum subsequent to birth. However, these remarks aplly to all marks that becum visibl on the skin after birth.

Formerly we had to cite many uncertain methods for removing such blemishes in the skin but now the birthmarks known as "port wine" marks or nevi (blemishes that look like bunches of grapes), etc. can be permanently and painlessly removed by means of the latest type of quartz, mercury-vapor lamps.

### *Bilious Attacks (Jaundis)*

Bilious attacks ar quickly reliev'd by clearing out the bowels and adhering to a proper diet.

*Bladder Weakness, See Urin, Retention of*

### *Blood Pressure*

Do not worry about your blood pressure. Worry about the conditions that ar making it high or lo. Regulate the diet and habits and the blood pressure wil take care of itself.



Figure 104

### *Brest*

If a woman has atrofy of the brests or one brest of a different size than the other, there ar exercizes that ar of great benefit for the condition.

Two of the best exercizes ar the reaching exercizes shown in Figs. 34 and 35.

Another admirabl exercize is that shown in Fig. 104.

This exercize, if properly performd, wil equalize the size of the brests and tend to normalize their function.

There are no "brest foods." Regulating the diet will help regulate the functions of every organ in the body.

Powerful radiant light is very beneficial in reducing lumps in the brest.

Do not imagine that every lump is cancerous. Only about one case in ten diagnosed as cancer of the brest is cancer. They are enlargements that can be taken away by diet, hygiene, powerful radiant light, and *actinic rays*.



Figure 105

Mastitis or inflammation of the brest is best treated by powerful radiant light or hot fomentations.

Negative pressure from brest pumps is often very beneficial in reducing hardness of the brest caused by imperfect functioning of the glands. (Fig. 105.)

### *Bronchitis*

This is best treated by oxygen vapor, proper breathing and proper diet.

### *Burns*

For all burns — either from hot irons, electricity or the sun, probably "*unguentine*," a proprietary article sold by all druggists, is the best. Next to that is *paraffin*, melted and pourd or blown on thru a special atomizer.

Next to think of is *vaselin*. Do not open blisters. Let them remain intact as long as possible. Burns heal faster when exposed to the air with paraffin on them than in any other manner.

### *Calluses*

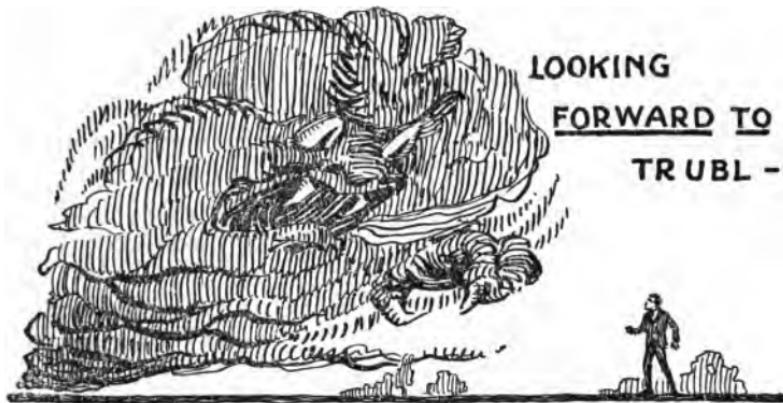
Calluses, whether on the feet or elsewhere, can be cured by relieving the pressure. Paint them over with collodion every nite.

---



S ONE lamp lights another,  
nor grows less—so nobleness  
enkindleth nobleness.

—*Lowell.*



#### TRUBL

TrUBL has a trick of cumming  
Butt end first;  
Viewd approaching then yu've seen it  
At its worst.  
Once surmounted, strait it waxes  
Ever small,  
And it tapers til there's nothing  
Left at all!  
So, whene'er a difficulty  
May impend,  
Just remember yu ar facing  
The butt end;  
And that looking back upon it,  
Like as not,  
Yu wil marvel at beholding  
Just a dot!

Anon.

## CANCER (*Carcinoma*)

I hav ritten a great deal about this condition in my larger works. I wil say briefly that cancer increases in almost the same ratio as vaccination does, and many of our best authorities ar beginning to think cancer is one of the results of vaccination.

There is no dout but that there is a *pre-cancerus* conditio. My Bio-Dynamo-Chromatic method of diagnosis wil often detect this *pre-cancerus* condition a year or two before there is any sign of a growth, and if the proper dietetic mesures ar then instituted this *pre-cancerus* condition wil disappear, and no matter how many bruises the person may hav they wil not becum malignant.

On the contrary, if the methods of living ar not changed, especially eating, almost any irritated spot wil becum malignant — *cancerus*.

Sum say that a cancer cannot be cured without cutting it out, and yet the very authorities that say this wil in the same discussion say that ninety-five times out of a hundred a true cancer wil return within three years. In other words, *no cancer was ever cured by cutting it out*. If it does not return within three years, it was not a cancer.

From my own observation I can say that nine out of every ten cases diagnosed as cancer ar not cancer. Others go so far as to say that not one case in a hundred operated on for cancer is cancer.

Dietetics and hygienic mesures no dout wil not only prevent cancer but wil cure it if not too far advanst.

The *fear* of cancer is similar to the *fear* of hydrofobia. In the one case the first lump discoverd is thot to be cancer, and in the other case the first bite from a dog or cat is thot to produce hydrofobia. This is the result of a sistematic *fear propaganda* for mercenary reasons.

Dr. L. Duncan Bulkley, one of the best informed specialists in cancer in the U. S., says in the *Medical Record* of Jan. 29, 1921, that regardless of all that has been done to prevent or cure cancer during the last twenty years, the death rate has increased 30% during that period.

He says that radium and x-ray have been very actively exploited during the last five years especially, but unfortunately the actual death rate from malignant tumors has not decreased materially, if at all, over the country, as shown by the U. S. Mortality Reports, while in New York City as we shall see, where these agents (radium and x-ray) are in most active use, where perhaps there is more radium than in any other city, the mortality from cancer has risen more than before, and has actually exceeded that from tuberculosis during the past six months.

He further says that it does certainly seem that it is time to carefully investigate where the error lies and to endeavor to correct it.

During 1920, according to the records of the New York State health department, there was a diminution of deaths from all causes of 2.5% but during this same year there were 5,361 deaths recorded from cancer against 5,026 in 1919, or an increase of 335, which is over 6.6%. Whereas the general *yearly increase* in cancer mortality in the whole U. S. has commonly been between 2 and 3%. Because of hygienic procedures the deaths from tuberculosis have decreased in New York 15.5%, and after carefully comparing the health department's Weekly Bulletin, I find there was also a great drop from the preceding year in the mortality from tuberculosis, with also a very considerable rise in the number of cancer deaths during the year.

It can thus be seen that cancer mortality has already outstripped that of tuberculosis in New York City.

In the week beginning Jan. 31, 1920, there was an average of eighteen deaths from cancer *a day* in New York City.

This famus specialist further says that he has repeatedly discuss mesures other than surgery to combat this dedly increasing mortality of cancer and that he can assure us that very much greater success wil surely follo the careful and prolongd employment of proper medical mesures, carefully directed to combat the *basic caus* of the malady, than can possibly accrue from excizing or treating the *local lesion*, which is only the *product* of long continued *systemic* disorders or errors—*largely from errors in living*.

It is time that the peopl should be awakend to the fact that dietetic errors and inoculation such as vaccination and serumization ar without dout the great caus of cancer, and that no cancer can ever be cured by cutting it out.

I am very glad to be abl to quote from such a famus authority as Dr. L. Duncan Bulkley.

The folloing is taken from the January, 1921, issue of *Living Tissue*, publisht in Boston, Mass.

From the "*Journal of Cancer*" we quote the folloing statement which, red with the background of the thousands of torturing experiments performd upon helpless animals by the reserchers during all these years, should giv pause to anyone not utterly indifferent to the suffering of "the least of these":

"It must be confess that during the years of the investigations pursued by the *Cancer Research Fund*, nothing has been added to our knoledge which can be regarded as of any clinical value; nor can it be said that these 'sientific' investigations hav lessend the burden of the incurability of this fatal diseas. Not a suggestion has issued from this 'Imperial' organization helpful to those who ar cald upon to treat the diseas; the clinical side of this inscrutabl problem seems to be submergd in the pursuit of chimerical investigations which, however valuabl from the 'sientific' standpoint, hav so far scarcely afforded promis of the ultimate achievement of practical results."

### *Carbuncles or Boils*

This condition is brot about by errors in diet and can be cured by proper diet as outlined in this book.

Radiant light and actinic rays ar of inestimabl value in treating this condition.

Do not eat yeastcakes to cure carbuncles, or boils.

Boils ar cumming up in "big-crops" now, folloing the new diseas, "*yeastcake intoxication*" or "*yeastcake dispepsia*."

### *Catar*

Catar, no matter where located, can be properly cured by the regulation of the diet as already set forth.

The best auxiliary remedy is powerful radiant light and actinic rays.

### *Chickenpox (Varicella)*

Chickenpox can be very easily treated. Giv no food unless it be acid fruit juices for at least three days. Keep the body warm and keep light out of the patient's eyes.

Hot stypes over the entire body ar of great benefit becaus to keep the body swetting wil bring out the impurities with great rapidity.

Keep the bowels open. A warm enema made by adding a teaspoonful of common baking soda to the pint of water is of great benefit.

The majority of the cases reported by the boards of "helth" as smallpox ar only chickenpox. Don't be frightend. Don't be afraid.

### *Circumcision*

I cannot refrain from advizing circumcision of all boy babies before they ar a month old. The foreskin was made as a protection to the glans, but the body was not supposed to be coverd. If persons always went naked, the foreskin would be of great value, but the modern way of dressing and a long foreskin don't go wel together. Under the circumstances a long foreskin makes a great deal of trubl for the boy as he grows older.

## *Clitoris*

The clitoris is often the seat of irritations that spoil the disposition of a child. Many girls and women suffer all their lives from nervus irritation causd by a hooded and adhered clitoris. It is best to hav the clitoris unhooded before the baby girl is a month old, and then see that it is kept unhooded by means of pledges moistend in oliv oil.

## *"Colds"*

"Colds" in the hed or elsewhere ar not a diseas but a simptom of a sistematic or local congestion. For years I hav notist that after the holidays or on a Monday morning I am regularly consulted by persons suffering with "colds." There is no dout but that overeating or eating too many sweets or starches is the primary caus of "colds."

After the membranes in the nose or other parts of the body hav becum congested for an extended period of time, it requires more than ordinary dieting to rectify the condition.

Having the body chilld wil often produce inflammatory conditions of the musls, but the simptoms ar not the same as the common "cold."

The *cure* for "colds" is *fasting* and *clearing out the bowels*. If a person feels a "cold cumming on," the proper procedure is to take nothing but a limited amount of acid fruit juices for at least three days. It is often just as wel to take only a littl water for this length of time.

If a person becums constipated, they often "take a cold." That is a cue for such persons that their intestins ar not acting properly.

Deep breathing thru the nose and the inhaling of steam medicated with oil of eucaliptus or sum of the other pinus group of oils givs great relief for "colds in the hed."

To "feed a cold" is like feeding a fire. It wil keep burning as long as it is fed.

The fact that there is nearly always a fever with a severe "cold" makes it stil more imperativ that one should partake of no food until the "cold" is broken and the fever has subsided.

The pernicious habit of "feeding a cold" is often the caus of bronchitis, neumonia, pleurisy and tuberculosis.

*Cronic Catar* of the hed usually follos repeated colds, and is therefore another simptom of errors in diet and hygien.

Bright, hot sunlight on the bare body is of great benefit for "colds," but if this cannot be obtaind, radiations from the powerful incandescent lamps and the actinic rays from the quartz, mercury-vapor lamps, and if possibl the inhalation of oxigen vapor, ar the remedies (in addition to diet) for colds and catar. Chiropractic adjustments often relief the tension about the spine and thus help in curing "colds."

The folloing poem is so apropos that I hav copied it from the March, 1921, number of the *American Journal of Clinical Medicine*.

#### A "COLD"

A cold is not a cold to me—  
It's Nature's way to tel  
That I've been dining recently,  
Not wizely, but, too wel.

A snuffly nose has cum to mean  
That I've enjoyd erstwhile,  
Sum bred pork chops, nestld deep  
In sweet spuds, "Southern Style."

And when I puf germ-laden cofs  
At "L" trains ful of boobs,  
I kno its lobster, broild alive  
That fouls my bronchial tubes!

Or else, perchance, a wondrous steak  
With onions crisp and brown  
Has made my liver make of me  
A menace to the town.

Or it might be a chunk of cheese  
Or mince pie, hot and sweet,  
So, a cold is not a cold to me—  
It's just, too much to eat!

—Emma Tolman East.

### *Constipation*

The exercises already given, along with the diet outlined, will prevent constipation, and as a rule will cure it.

Do not take medicine for constipation. Paraffin oil, so widely advertised, will keep a person a slave to it. Mineral oil (paraffin oil) lubricates the intestines and causes Nature to cease secreting the natural lubricants.

The "internal baths" so much advertised are devils in saints' clothing. To dilate the bowel with water under

pressure is sure to damage the bowel and often causes serious results. Do not fill the bowels up with refuse to be "sewered" out.

Regulate your diet and carry out suitable exercises, and you will never look for dopes nor "flushes" to remove the waste material.

"Salts" make the bowels move, to drive the "Salts" out. The bowels hate bad company.



Figure 106

The *Position at stool* has much to do with preventing and curing constipation. The natural position to assume at stool is what is known as "the Indian position." (Figs. 106 and 107.) This squatting position brings the thighs and knees against the abdomen and hastens the natural movement of the bowels. The modern toilet is an abomination and is to blame for many cases of chronic consti-

pation. If one has to use such toilets, they should put a footstool or box under the feet so as to bring the nees against the abdomen.



Figure 107

Cultivate regularity in going to stool. Do not read nor talk while at stool. Put your mind on making the bowels move, and when that is done, get off the toilet. Sitting on a toilet longer than is necessary is conduciv to piles, and many cases of hemorrhoids (piles) ar causd by the bad habit of reading while at stool.

### *Cystitis (Inflammation of the Bladder)*

This condition is best handld by diet and powerful radiant light. Use hot stupes if the radiant light cannot be obtaind.

Eating about two tablspoonfuls of finely chopt parsly two or three times a day is of great benefit in this conditio.

Washing the bladder out is never necessary and is never of any lasting benefit. It causes irritation and makes matters worse.

Osteopathic or chiropractic treatment is often of great help in this condition.

### *Defness*

Defness is often causd by an accumulation of wax in the external ear canal, but it is almost always causd by *catarral inflammation in the inner ear*. This condition is technically known as *otosclerosis* and is a condition where the spongy-bone formation follos a fibrus change in the capsule of the labyrinth of the ear.

Nearly all catarral conditions in the ear ar causd by errors in diet and hygien.

To remedy defness the first requisit is a *change of diet* and to adhere as nearly as possibl to the diet outlined in this book.

*Vibration* about the ear, if correctly executed, wil often help wonderfully in increasing the circulation in the ear and thereby reducing the inflammation.

Reducing pressure in the ear by putting in a few drops of warm *glycerin* is also beneficial. If glycerin is used, a littl cotton plug coverd with vaselin should be used to keep the glycerin in.

Powerful, radiant light over the ear is also of great benefit in curing deafness.

Often chiropractic adjustments correctly done wil aid in overcumming deafness.

A catheter should *not* be used in the *eustachian tube* for relieving deafness as the second condition is sure to be worse than the first. Insted of that, the physician should use *medicated vapor* thru both sides of the nose at one time, having the patient swallo with the lips closed when the pressure is made with the vapor. This opens the littl valv of the eustachian tube in the throat and wil do wonders in overcumming many forms of deafness.

Practicing with a watch to see how far one can hold it from the hed and stil hear the ticking, is a very beneficial procedure in training the mind to overcum the *habit* of neglecting to hear. Many cases of deafness ar *mental* rather than anatomical or fisical. One can get in the habit of not hearing just the same as they get in the habit of not observing.

### *Diabetes Mellitus*

This condition is nearly always a result of rong living and rong thinking. In the first place, it is doutless due to putrefactiv fermentation in the intestins; and in the next place, it is almost sure to be connected with *worry*. One can almost be positiv that if a person has diabetes he has sum family discord, or sum business entanglment that is not successful. *Worry produces a poison in the sistem just as much as rong eating.*

It is a wel-known fact that diabetes is on the increas, and the situation is becumming alarming.

The fact that this nation at the present time is consuming from ten to fifteen times more sugar per capita than it did a hundred years ago, and nearly 50 per cent. more than it consumed ten years ago wil giv us a littl. cue to the dietetic errors.

The fact that we liv such rapid lives and under such abnormal conditions wil giv another cue.

Many authorities claim that *under-oxidation* is the primary caus of diabetes mellitus. This under-oxidation is a secondary caus to dietetic errors and mental anxiety.

To think that one can cure diabetes by withholding fruit-sugars is rong, but all salt and all meats—in fact all animal products—and refined sugar should be withheld from a person with diabetes.

Sum wil say that alcohol is a remedy for diabetes. We cannot deny the fact that sum cases of sugar diabetes wil be entirely cleard of the sugar if they drink three ounces of old sour wine three times a day, but with other cases this wil hav no good effect. It is very dangerus to recommend alcoholic beverages for the cure of any diseas.

Nicotin is a very potent factor in producing sub-oxidation in the sistem. Therefore it is one of the factors in keeping diabetes on the increas.

Diabetes is causd by faulty metabolism and is the direct result of *auto-intoxication* no matter what causes the auto-intoxication. Auto-intoxication interferes with the action of the internal secretions and sumtimes it shows up as diabetes; at other times nefritis, gout, arthritis, neuritis, arterio-sclerosis, etc.

The treatment of diabetes is almost identical with that of tuberculosis. In fact over 40% of all cases of diabetes mellitus hav tuberculosis, and sumtimes I think more than 50% hav it. Therefore the treatment is almost the same. Consequently correct living, hygien, exercizes, deep

breathing and a happy frame of mind ar the remedies for this condition.

Most diabetics ar so imprest with what they must or must not eat that they becum food neurasthenics. Therefore they should understand what they should eat and why they ar eating it, and then forget about it.

The raw food diet for diabetics is without a dout without a peer, becaus the elements that ar wanting in the sistem from eating cookt food ar given in the raw food.

The diet for diabetics is the same as outlined in this book under Dietetics—lemon-juice hygien and acid fruits for brekfast, and for the midday and evening meals a selection from the folloing:

One or two tablspoonfuls of nuts, ground or unground, or raw peanuts, being sure they ar wel masticated.

Raw vegetabl—lettis, spinach, alfalfa or red clover blossoms and small tender leavs and buds, dandelion, watercres, parsly, cabbage, turnips, garden mint, fennel, ground artichokes, ripe tomatoes, cauliflower, brussels sprouts, moderate amount of peas or carrots once a day, onions. (If raw onions do not agree, they can be boild or baked with a lump of butter or oliv oil added.)

A pint of sientifically soured milk or fresh, genuin buttermilk can be eaten with a spoon.

Four ounces of cream (gravity raisd preferd—top milk) can be eaten with the midday or evening meal. It could be mixt with the sourd milk.

One or two egs can be eaten daily if prepared as mentiond on page 65.

If one wishes a hot drink, I prescribe Marmite (Vegex) or Herb-ex. To either of these extracts can be added raw vegetabl juices or ground raw vegetabl.

For bred, *Ry-Krisp*, manufactured by the Original *Ry-Krisp Co.*, *Minneapolis, Minn.*, is no dout the best. Rye seems to caus les sugar in the urin than any other grain, especially when baked as *Ry-Krisp* is. Two pieces of

Ry-Krisp the size of one's hand ar sufficient to be eaten at one meal.

Butter (fresh, unsalted preferd) can be used freely.

If, after two or three weeks the patient's urin shows a markt decreas of sugar, he can try a few unsulferd black figs, sun-dried prunes, or a tablspoonful of seedless raisins. After eating these sweet dried fruits a few days, the urin should be examind and if the quantity of sugar is increast then these sweet fruits should be omitted or lessend until the increas of sugar is not notist.

The diabetic should be more than particular to keep the pores of the skin in good condition. This is best done by a tepid bath every nite, followd by a good rub-down with a hevy Turkish towel.

It is just as important for a diabetic to practis deep breathing as it is for one suffering with tuberculosis. Use the *spirometer* and thus see just what use yu ar making of the lungs.

### *Diftheria*

The keynote in treating diftheria is to treat it when it first begins. This is best done by giving nothing but fruit juices.

The bowels should be thoroly cleard by baking-soda enemas.

Inhaling of steam with oil of eucaliptus in it is of great value.

In sum instances spraying the throat with a mixture of coal oil (kerosene) and oliv oil, equal parts, is *the* local remedy.

I am convinst that antitoxin or any other serum is worse than useless for diftheria. The serum manufacturers hav a way of getting statistics publisht to look as if diftheria wer on the decreas by the use of antitoxins, but the fact remains that there ar practically as many deths today from diftheria, directly or indirectly, as there wer before antitoxin was ever used, and this in spite of the improved sanitary conditions now common.

I hav met very many old practitioners who hav treated hundreds of cases of diftheria and never used any serum or vaccin for it, and their percentage of deths has been far les than those who used antitoxins.

Giving a child antitoxin treatment to prevent diftheria shows that we ar getting back to superstition as fast as commercialism wil take us. Thousands of children ar *murderd* by the use of antitoxins, but the deth certificates never giv that as the caus any more than they state the caus of deth from vaccination. Superstition and commercialism ar back of this outrage.

The fact that a "drugless," or Nature-Cure physician very rarely loses a case of diftheria speaks for itself. Poisoning a person to make them wel never has aided Nature and never can. If a child livs rightly it wil never hav diftheria. The child's gardians ar usually responsibl for diftheria.

I hav the honor of quoting the folloioing from the pen of the famus physician and humanity helper, Charles E. Page, M. D., of Boston, Mass., from the March, 1921, issue of *Living Tissue*.

### *What Anti-toxin Does.*

A hale, harty, robust man of middl age, newly elected Governor of Maine, kild by "massiv doses of anti-toxin." The "remedy" is said to hav workt very favorably, but the victim died. Massiv doses of anti-toxin would tend to kil the helthiest man. A littl swelling on the tung, and they suspected diftheria. In hundreds of thousands of cases of illness accompanid by throat simptoms, *moderate* doses of the serum hav proved fatal. The deth certificates in these cases should hav named as the caus, "anti-toxin" insted of diftheria. Wize hygienists unite in condemin all serums.

In the eleventh edition of the *Encycopaedia Britannica*, in the articl on *Diftheria*, the contributor quotes a distinguisht scientist, Prof. Thorne, as follos: "We hav to

note that the great increas in diftheria mortality of late years corresponds, in point of time, with the great improvements in such sanitary mesures as water suply, drainage, sewerage, etc." We might wel ask what it is that has so counteracted these benefits? The only reply is "ANTI-TOXIN," and the exact figures at the Registrar-General's offis (Eng.) prove that the mortality attributed to "diftheria" has been greater by nearly one-third since 1893-4, the date of the onset of the "antitoxin" treatment, than prior thereto, and up til 1910, reckoning on the basis of per million population yearly averages. In view of this there is no escape from the conviction that the serum injections employd in most cases of ilness complicated with throat simptoms hav so counteracted the benefits of improved sanitation as to caus the increast mortality attributed to a diseas that is bad enuf in itself without any complication of artificial blood-poisoning. This is true of all diseases. Verily, the laity, rich and poor, ar "up against it," facing such treatments.

A few weeks ago the papers under prominent headlines told us that a yung man rusht by automobil with a quantity of neumonia serum to be employd in the case of his frend, a Medford boy, who was a pupil at the Hebron, Maine, Academy. We lern that the boy died. If there was a possibility of his recovery, the injection of the neumonia serum would tend to prevent it, for every such injection is a threat to life at any stage of any diseas. When it can be absolutely proved that any serum treatment is beneficial, we shal find water running uphol naturally, for the laws of Nature wil hav been reverst. The injection of any foren substance is a direct violation of the first law of helth and life, namely, *to maintain the normal purity of the blood.*

### *Diarrea or Disintery*

These conditions ar brot about by errors in diet. The best remedy is to abstain from food entirely or giv one hundred eighty-five

toasted bred soakt in water. Another remedy is whole grain meal or flour roasted on a hot plate and then soakt in a littl warm water and eaten slowly.

Castor oil to clear out the intestinal tract is of great value as ar also baking-soda enemas. The irritation in the intestins that causes the diarrhea or disintery must be reliev'd.

The patient should be kept quiet.

Blackberry juice is also of great value in treating these conditions.

#### *Dismenorrea (Painful Menstruation)*

This condition in the majority of cases is so redily remedid that it seems a pity that so many girls hav to go to womanhood and on to the menopaus without any relief.

Diet and exercize and proper dilation of the vagina and rectum wil in almost every instance reliev this condition.

Powerful radiant light is also of great benefit.

Hot sitz baths or electric-light sitz baths ar also very beneficial. (Fig. 89.)

Properly dilating the vagina, and if necessary the opening of the uterus, wil in nearly every instance reliev this condition, if the diet be regulated so as to prevent gas pressure.

#### *Dispepsia (Indigestion)*

This being the direct caus of faulty diet can be cured by rectifying the eating habits.

Often dispepsia is causd by eating one or two large meals a day. The "no-brekfast" plan for treating dispepsia I hav found to be a mith for the reason that the person wil eat all the more greedily in the middl of the day or in the evening. Eating one big meal a day wil often caus dispepsia more than anything else.

Overwork, neurasthenia, worry, temper, and other nervus conditions ar also direct causes of indigestion.

Eating a *small* amount four or five times a day I hav found wil cure indigestion when nothing else wil. (When I say a *small* amount, I mean about two tablspoonfuls of raw food—in many instances fruit juices.)

Often a small handful of *freshly popt corn* without any salt or dressing wil act not only as a relief but a *cure* for indigestion, if taken every hour or so.

Many persons who wake up in the nite with a burning sensation in the stomach can often be reliev'd quickly by taking a small handful of popcorn.

Taking baking soda or any other alkali for reducing the acidity in the stomach only makes the second condition worse than the first. *It does not cure.* It simply relieves for the time being. The more alkali is put into the stomach, the more the stomach wil produce acid. It is for that reason that I often cure indigestion by giving fruit juices in tablspoonful doses every hour. Sumtimes one or two tablspoonfuls of scientificaly sourd milk, given every hour for a period of several weeks, wil cure indigestion.

Since yeast cakes hav been so widely advertized I am observing a peculiar form of stomach trubl folloing their use for a few weeks. This condition I hav named "*yeast-cake dispepsia*" or *yeast-cake intoxication.*" It is very difficult to cure. Boils usually crop out with the other trubl.

The kicking-out exercize shown in Fig. 1 is one of the best remedies for indigestion. I hav had patients abl to lie on their back and kick out strait at a suspended bag several hundred times without letting their feet drop, and in so doing they wer reliev'd of the most aggravating forms of indigestion.

The exercizes outlined in this book and folloing a raw food diet as herein mentiond wil in ninety-nine cases out of a hundred not only reliev dispepsia but wil *cure* it.

As an auxiliary mesure, powerful radiant light for the

stomac and osteopathic or chiropractic treatment over the spine ar of great benefit.

### *Drug Habit (See Alcoholism)*

### *Ear, Nose and Throat*

Treatment of these organs is best done by powerful, radiant light and actinic rays. As a rule, no surgical interference is necessary if the right diet is given and powerful, radiant light aplied.

For earake use a mixture of glycerin nine drops to carbolic acid one drop. Don't use *oil* in an ear that akes. (See page 38.)

### *Eczema*

Eczema, no matter in what form, can be handld entirely by diet and hygien as outlined in this book. However, an eczematus person generally wants a more rapid cure. Therefore as an auxiliary mesure powerful, radiant light combind with *actinic rays* from the quartz, mercury-vapor lamps ar without dout the very best remedies.

*Enuresis (Bed-wetting)* See *Urin, Retention of*

### *Epilepsy.*

Epilepsy is the *bête noir* of all practitioners. It is considerd by many to be the most hopeless condition that one has to treat. I am happy to say that this condition is *not* a hopeless one. The suggestion to a patient that it is hopeless makes it all the more difficult to treat.

Every person suffering with epileptic seizures shows a peculiar reflex when examind by the B-D-C screens. I hav a screen made purposely for diagnosing this condition. This special screen proves to all users of the B-D-C sistem that there is a profound auto-intoxication with every case of epilepsy. Whether all of these cases of auto-intoxication ar causd by the diet is a question, but whether the diet be the primary caus or not, all observers wil agree that the *elimination* is in sum way impaird.

The first consideration then in treating epilepsy is the *diet*. I hav never yet seen a person hav epileptic seizures if they carrid out a strict dietetic régime provided varius abnormalities such as tight sfincters wer removed.

The outlets of the body, the anus, urethra, vagina, nose, mouth and even the navel, should be wel examind by a competent observer to see that they ar normal.

Another fenomenon that nearly every epileptic mentions is the peculiar sensation that cumns *before* the seizure. A careful study of this *pre-epileptic*

condition shows that a greater flo of energy goes from one side of the hed to the other. It is for that reason that I designd the device illustrated in Fig. 111 for treating this conditon. It consists of a wire or sum metal chain to go around the forehed, and attacht to this is a littl chain the same as is used with eyeglasses. This hangs down back of the ear. Attacht to the other end of the chain is a small wire (aluminum preferd) which is past thru a very small sized rubber tube so as to insulate it from the upper part of the body. Between the sternum and the navel this wire is bare and coild as in the illustration. This is held against the skin by narro adhesiv plaster.

I hav never known a person to hav a seizure of epilepsy while they ar wearing such a device. This can be made at home or by any good jeweler, and it is worth a trial. It can be made so that it is not notisabl. If the wire is oxidized and the person has dark hair, it wil not sho.

Those who hav their seizures only at nite, can wear it only at nite, but my experience is that it is best to wear it all the time.

Sumtimes wearing a gold or silver chain around the neck and attaching the insulated wire to one side of that, and having the bared end over the epigastric region, as shown in the illustration, wil prevent the epileptic



Figure 111

seizures, but it is usually necessary to hav the band about the hed to neutralize these energies.

Cutting out all unnatural sweets and coukt starches such as mushes, bred, potatoes, etc., is imperativ in treating this condition. I make it a rule to put the patient on a *strictly raw diet*, including fruits, vegetabl and nuts, as outlined in this book. That in connection with keeping the bowels wel open and wearing an energy equalizer as illustrated, wil in nearly every instance *prevent* epileptic seizures. It is only a question of preventing them for a certain length of time when the case can be considerd cured, provided the diet is adhered to.

If a person is predisposed to epileptic seizures, it is imperativ that they keep the bowels wel open and adhere to a strict diet, as outlined in this book.

For auxiliary treatments, the B-D-C treatment, along with powerful radiant light and deep breathing ar to be recommended. Light radiated intermittently thru the B-D-C screens on the bare chest of the patient, carrying out the B-D-C tecnic, has met with very excellent results.

### *Fasting*

This has been mentiond under Dietetics, page 75. Fasting for a few days and then eating great quantities of food makes the second condition worse than the first.

Many dis-eases can be entirely remedied by fasting anywhere from one to twenty-one days. I never advocate fasting more than twenty-one days.

A "water fast" indicates that the person takes nothing but water, and that is what I refer to when I speak of fasting. A person can go on a "modified" fast by taking only orange juice for a certain number of days or any one special articl of food such as grapefruit juice, berry juice, etc.

All of these mesures hav their apropiate place, but should be prescribed only by one thoroly posted in the

work. As a rule, a water fast for a few days is the best of all if a fast be indicated.

*To break a fast*, one must start eating very lightly. That is best done by taking from three to six ounces of orange juice several times a day for three days, adding gradually garden herbs and after a week add vegetable juices or the whole raw vegetables.

All cases of "colds," which are modified fevers, and all fevers, are best handled by water or fruit-juice fasting.

### *Feces*

The feces, or excrements, or stools, often indicate the condition of one's metabolism, but the habit of carefully examining the feces after every stool is a bad one. It produces many neurotics.

The feces are hardly ever exactly alike for two days, as they depend so much upon the character of the food taken and the general habits of the person. However, if they rise to the top of water, it shows that there is more fermentation going on in the bowels than there should be. If they show undigested food, it indicates that too much food is being taken or it is not being digested. If there be mucus with the fecal matter, it shows that a catarrhal condition has taken place in the bowels, which indicates *colitis*.

## FEVER FEEDING

I wish to mention briefly the fact that more people are killed by being fed when they have a *fever* than have ever been killed by epidemics. It is a great calamity that our boards of health know so little about diets. Recently I read a circular sent out by the board of health in a large city, and that circular advocated the eating of "plenty of nourishing food" when a person had *influenza*. Such advice is criminal. If the person lives through a fever when stuff in this manner, as a rule, they are never well after it, or not until they have had some serious ailment. I do not see what the health authorities are thinking of, if they think at all, when they send out such notices to physicians, the majority of whom are not educated along the lines of dietetics and cannot think rationally on the subject. To give such advice as this through the public press is nothing less than criminal.

The feeding of "flu" victims during the epidemic of 1918-1919 probably was responsible for more deaths than the World War.

We hear a good deal about the deaths caused by alcohol or by other drugs, but very little is said regarding the deaths caused by physicians prescribing food to those who should have nothing.

A fever is a condition brought about by a rapid combustion—the system is burning up everything inimical to itself. In other words it is an expression of the organism's antagonism to some poisonous substances.

*A fever should not be checked by drugs.* If the patient be let alone and given plenty of water, the fever will soon subside, provided the bowels be well cleared out. To try to reduce a fever by feeding is like putting out a fire by throwing shavings on it. If every physician had this drilled into him when he was in college, the saving of life would be beyond computation.

No other animal excepting the *human* animal eats when it is sick. This I hav said before, but it bears repeating hundreds of times. Physicians do not seem to take into consideration that we ar all animals and humans should know at least as much as sum of the "lower" animals.

Feeding persons when they ar sick is another instance of trying to interfere with Nature, so again let me say *do not feed a person with a fever*. Clear the bowels out, and the fever wil subside, but ad fuel to the fire and the fire wil continue to burn.

I hav just diagnosed a "traind" nurse and find she has endocarditis. She said she "nursed under a 'regular' physician of high standing" during the "flu" and that they had "the worst cases in the city," because 70% of *them died*. She had it too and was treated by her physician as the others wer. She said the physician also had the "flu" and "nearly died." She said he is now "short of breth too." She named several patients who wer also "short of breth." She said they fed their patients all they could eat during the fever and they soon had neumonia and died. Those who livd ar "sickly." They used "as-perin" on all cases for pain and fear. *Ignorance kild this doctor's patients and not the "flu."*

"Strait is the line of Duty,  
Curvd is the line of Beauty;  
Follo the first and thou shalt see  
The other ever follo thee."

## *Gland Implantation*

Much notorious propaganda is now going on in the public pres regarding the implantation of glands from monkys, sheep and other animals, and even from electrocuted criminals. Old men, enfeebl men, impotent men, and even weak-minded women fall victims to this criminal propaganda.

This propaganda is an organized sistem for graft and there is absolutely nothing to it except graft, and humiliation for those who submit to it. Any gland from another animal or from another person implanted into a living being wil soon sluf away and leave the victim worse than he was before.

The majority of the reports publisht in the papers ar outright lies, and sum of the peopl who vouch for them ar liars paid by those who ar boosting the graft.

*Nature cannot be deciev'd.* If a person is used up sexually, the only way he can ever be restored is by *the natural way*, namely, rest and proper diet. The effects of "whipping an animal up" by means of stimulation do not last long. The second condition is always worse than the first.

Beacaus political doctors ar vouching for this crime upon the public makes it all the worse. Many hav an idea that if a doctor is in public life, or in politics, he can be depended upon, but I am sorry to say that it is usually exactly the opposit. That is, when a doctor goes into politics, or holds a political job "without pay," there is a big nigger in the wood pile, and I would advize all to be slo in believing anything such peopl say or publish.

*Commercialism* is back of all such outrageous propaganda.

I would advize those who wish to keep posted regarding the doings of political doctors to subscribe for *The Truth Teller*, publisht at Battle Creek, Mich. This givs facts that the peopl should kno about.

## *Food Adulteration*

It is almost impossible to get food in tin cans or boxes that has not been adulterated, especially if such food is ground or fixt up in any manner. Dried fruits or vegetables that hav not been sulfurd or treated to make them an unnatural color or to preserv them should be selected.

No one needs condiments of any kind. In them is probably the most adulteration outside of cand soups or cand goods of varius sorts.

If one eats raw food, either fresh or sun-dried, they ar very sure to hav food that is correct.

A government "label of inspection" does not always make the goods safe. Do not place too much dependence upon these "government" guarantees.

## *Goiter (Enlargement of the Thyroid Gland)*

This condition can be cured by diet and neck exercizes as outlined in this book, if the enlargement has not becum fibrus. If it has becum fibrus, it cannot be made smaller, but it can be kept from growing.

Intermittent pressure by means of a metal probe past thru the nose against the posterior wall of the naso-farynx is often helpful in curing goiter.

Chiropractic or osteopathic treatment is probably the most efficient of any for this condition, altho powerful, radiant light and the actinic rays often work wonders in treating the thyroid gland.

Chiropractic adjustments, if properly aplied, often ar of great help in curing goiter.

The *pulsoidal current* aplied over the enlarged gland and over the third cervical vertebra, is often the best treatment for goiter.

## GONORREA (*The Black Plague*)

At the present time large commercial industries are interested in propaganda to make the people think there is a serum or vaccine cure for gonorrhea and that there is also a serum to prevent it and also one for diagnosing it. Everyone of these serums or vaccines are utterly worthless. They are absolutely unreliable, and the great calamity is that they are being fostered by many of our public "health" boards. Many a person is said to have gonorrhea when he has not, and many are said to not have it that have it.

The popular method of treating gonorrhea by means of astringent injections usually produces a second condition that is worse than the first.

To make light of gonorrhea is to make light of one of the worst plagues known to man. Gonorrhea is another one of the awful plagues that follow in the wake of so-called civilization. It is a well-known fact among surgeons, especially among those who specialize in gynecological work, that nearly 85% of all pelvic operations in women are caused by gonorrhea, and nearly all of these contracted the disease innocently from their husbands who have at some time had gonorrhea—the majority thinking they have been cured.

Gonorrhea is a *terrible disease* and far more dangerous than tuberculosis. Its chain of disastrous consequences are infinitely farther reaching than those of tuberculosis or cancer.

Education, diet and hygiene are the only factors that will ever make the disease less prevalent.

Feeding children with eggs, fish, and stimulating foods is one of the prime causes of over-sexual development and lack of self-control.

Reading sensuous novels and yellow-journal items as well as witnessing lewd moving pictures, are also potent

factors in over stimulating the sexual organs so that the yung lose control of themselvs.

Dancing sensuous dances and mingling with women who dres to excite the passions ar also indirect causes for the terribl *black plague*.

The cure for this disastrus diseas lies in diet as outlined in this book and powerful radiant light and the actinic rays from the quartz mercury vapor lamps.

I do not believ a person with nicotin in their sistem has ever been cured of gonorrea. The first requisit is to get the nicotin out of the sistem and then get the gonorreic infection out.

If one wishes to study further on this subject, I would refer them to my book on *Prostatic Diseas* and my larger textbooks.

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IGHT is the soul of  
the Universe as  
Color is her music.

### *Grip or Influenza*

Grip should be handld in the same manner as neu-monia. Becaus it is not handld in this manner is the reason so many cases end in neumonia.

Never giv asperin or any other coal-tar product to reduce a fever. It is especially dangerus to giv in dis-eases affecting the respiration. In sum of my larger works I hav publisht reports concerning over 12,000 cases of the "flu" with a los of les than one-fifteenth of one per cent. by folloing out the plan herè outlined. The orthodox methods (those recommended by the boards of "helth") kild about seventeen per cent.

### *Gum Chewing*

The chewing of gum is becumming a national habit. I do not kno as chewing a littl gum directly after a meal is especially injurius, but the habit of gum-chewing is a result of nervusness. A person that is always chewing gum is a nervus person and chews to quiet the nervs. However, it tires out the nervs and a vicious circl is set up.

Chewing gum in public is a very uncouth habit and children should be taut to not do it.

Excessiv gum chewing over-stimulates the salivary glands and over-cultivates the masticating musls. It spoils the looks of many girls. If the gum-chewing habit continues to increas as it has in the past ten years, it wil not be long before peopl wil hav jaws resembling those of the ruminating animals.

### *Hart Diseases*

All manner of hart diseases ar best treated by regulat-ing the diet and by chiropractic or osteopathic treatment. The neck exercizes as given in this book wil often make a bad hart a fairly good one. *Don't wear stif collars.*

### *Hemorroids (Piles)*

This condition is secondary to constipation or strain-

ing, and is best cured by regulating the diet and by hot sitz baths or electric-light sitz baths.

There ar many suppositories of an astringent nature that ar palliativ in this condition. I think *Iodex* (a stainless iodin ointment) is one of the best remedies to use for hemorrhoids or an itching anus.

### *Hiccof.*

Every year we read in the papers of many persons dying from hiccof. It can be reliev'd in very short order.

Hiccof is a rithmical contraction of the diafram and is causd by irritation. As a rule, the irritation cumns from gas in the stomach or bowels.

The proper way of overcumming hiccof is the same as for overcumming whooping cof, namely, *fasting*. A littl water or acid fruit juice and water mixt, if the patient wishes sumthing to lubricate the throat and mouth, ar all they should take until the hiccofs hav entirely subsided.

Taking very deep breths and holding the breth as long as possibl also acts wonderfully in overcumming the spasms connected with hiccof.

Chiropractic adjustment wil often cure hiccof in one minit.

Pulling the tung out and rubbing it with the inside of the pulp of a lemon peel wil also often cure hiccof in les than a minit.

A sudden start given to the patient wil also stop the spasms of hiccof almost instantly.

### *Hospitals*

If a person is in a strange city and is suddenly taken il or meets with an injury, a hospital is the only place practical in which they can be taken care of, but if a person has an apartment or a home or any place to go beside a regular hospital, I would advize them to always shun the hospital. The way many of the hospitals in the big cities ar organized and ownd by surgeons, or their frends, makes them dangerus places.

If one can find a naturopathic, or nature-cure, institution, I would advise them to always seek them rather than the "orthodox hospital."

The serums, vaccines, drugging and cutting resorted to in these organized hospitals is a crime against society and a disgrace to civilization.

If a woman is in a strange place and has to be delivered, I would advise her to seek out a "maternity home" or a "maternity cottage" rather than the regular hospital. If one is in their own home and no great impediments prevent their being confined there, I always advise them to keep away from the hospitals and have the confinement in their own home, whether the obstetrician likes it or not.

### *Insanity*

No doubt insanity is on the increase, but so is the insane way of treating people on the increase.

If our public press would become more sane, and our public officials would seek to cheer people rather than frighten them, and if our boards of "health" would work to create *health* rather than disease, there would be less insanity.

*Veneral diseases* are probably responsible for a great proportion of our cases of insanity. Until the public is educated against wars and lust, venereal diseases will be on the increase. Political doctors' propaganda to prevent venereal diseases is a gigantic camouflage and is one of the "end products" of the World War, and with such "end products" insanity is sure to increase.

Right living, right eating and right teaching in our institutions of learning will do more to prevent insanity than anything else.

I believe there are more insane people outside of the institutions for the insane than there are in them.

The political doctors who are parading about our public schools and universities, pretending to teach the students

right living, ar far more dangerus than the worst lunatics to be found in insane asylums.

### *Inflammation*

Inflammation is a condition of tissues folloing an irritation. It is caraterized by pain, heat, redness and swelling.

No inflammation can exist without *stasis* — a stopping or damming up of the fluid circulation.

No one can hav a dis-easd state of tissues without inflammation, and no one can hav inflammation without the sloing up or stoppage of the circulation known as *statis*. Consequently *one cannot hav any inflammatory condition without statis*. Hence the ultimate end of *all* treatments and procédures is to reliev inflammation — to reliev statis and allow the free circulation of fluids in the tissues.

If inflammation has continued a long time, it is known as *cronic inflammation*, and with that fibrus tissue forms. That is why one has *adhesions* with cronic inflammation.

The diet as outlined in this book is *the* diet for all inflammatory conditions. For reducing local inflammation *heat* is the great remedy. *Radiant*, or light, heat is much better than the dark heat; the former is gotten from the sun or electric lights and the latter from hot applications. There is just as much difference between *light heat* and *dark heat* as there is between heat at nite and heat of a bright sunny day. When possibl, use powerful, radiant light for the heat to reduce inflammation. If that cannot be obtaind, use hot compresses known as *hot stupes* and in the hot water from which the clothes ar wrung, it is wel to put in oil of eucaliptus, a teaspoonful to the quart. This is known as *eucaliptus stupes*.

A *dry compress* can also be used to reduce inflammation and one of the best is salt put into a bag and heated in the oven and put over the inflamed tissues as hot as can be borne. To make the *salt compress* hold its heat longer, a

hot water bag, or hot bottls, can be used on the salt bags.

*Inflammation in the ear* is best treated by means of radiant light, but if that cannot be obtaind the *hot salt bags* ar the best.

### *Insomnia (Sleeplessness)*

In the first place, the diet must be regulated and no food or drink taken, except as wil be outlined, within three hours before retiring.

See that there is a ground wire placed under the under sheet, as illustrated in Fig. 44.

If the person has high blood pressure, hed the bed east or west, but if they hav a lo blood pressure, hed it north or south.

Just before retiring, soak the feet wel in hot water, having in the water one tablspoonful of epsom salts to the gallon of water. Then dry the feet wel and rub the whole body over with a dry, Turkish towel.

Just before getting into bed, eat a handful of freshly popt, plain popcorn, taking plenty of time to masticate it. Hav a bag or dish of the popcorn right by the side of the bed and take a few pieces and thoroly masticate and swallo it every time yu wake up. It wil not be many nites before yu wil not wake up to get the "midnite dose" of popcorn.

### *Kidny Diseases*

The only sensibl treatment for kidny diseases is diet, and the diet outlined in this book covers the ground.

For auxiliary treatment, powerful radiant light as wel as chiropractic or osteopathic treatments ar of great value.

## MATERNAL IMPRESSIONS

The person who says he does not believe any impressions made upon the mother before the child is born has any effect upon it, should be clast with the "ultra-sientist," a specimen of which I once had in one of my lectures in the Middl West. He told me that he would believe nothing that he could not prove out by the microscope or sum laboratory test. All else he said was imaginary or mithical.

I askt him if he had ever ownd a dog and he said he had. I askt him if he had ever lost the dog in a crowd, and he said he had. I askt him how that dog found him, and his reply was, "Why, by the scent." I askt him if he wer abl to do the same and he replied he was not. I told him that I had seen sum Indians who could do it. I then askt him if he had ever been abl to isolate his own track on a sidewalk where hundreds of others had past over it, and if he could examin that track under the microscope or could find out what the emanations wer that made the dog able by "instinct," or by any other faculty, to track his master.

I askt him if he wer abl to tel from the analisis of a tear whether it wer causd by sorro or joy.

To all this he could make no reply.

I hav had ampl proof that pre-natal influence has more to do with the offspring of any animal, including the human, than anyone ever givs it credit for.

I hav seen pregnant mares chased by dogs or in sum manner frightend, and their colts wer shy and often unbreakabl. From the same mares the foal would be natural in every way when no disturbing influence had been present during gestation.

I hav observd the same fenomena among cows. If they wer kindly treated during gestation, the calvs would be

gentl, but if the cows wer frightend or treated unkindly, the calvs would sho the bad effects.

The same is true of dogs, cats and poultry.

If a slut is abused or whipt severely while pregnant, she wil giv birth to pups that ar always slinking off as if afraid to sho themselvs.

I remember that at one time one of our family cats was brot up with one of the dogs. Altho this cat's kittens wer born and livd in the barn yet they wer never afraid of the dog. Sum might say it was becaus of the exempl of the mother, but sum of the kittens wer taken away before they saw the mother with the dog. This same cat was once terribly frightend by one of the dogs and shaken up badly when she was pregnant. The kittens would fight this particular dog every chance they got, but never bothered any of the other dogs. This was not becaus of the exempl of the mother either as they wer taken from the mother when very yung.

I hav observd that if hens wer chased more or les by dogs, their chicks would be very much frightend by a dog, while if these same hens wer not frightend, their chicks would not act so.

I hav also observd this fenomena in humans. One of the first cases on which I was ever sent was to a woman who was about to giv birth to a child. The fetus was fully matured, but was the shape of a woodchuck and coverd with hair. It lookt more like a woodchuck than a child. Fortunately the child did not liv. The mother did not kno about the condition of the child, but a few weeks subsequent she remarkt to me that perhaps it was all for the best that the child did not liv becaus she was terribly frightend once by a woodchuck when she was carrying the child, and she was afraid the child might hav a bad temper had it livd. She said she was going into her kitchen one day when she saw a woodchuck behind the stove, and she couldn't seem to get over the fright.

At another time I saw a child about five years old that had severe spasms at a certain period of the year. I askt the mother if anything had occurd during gestation that had preyd on her mind. She said there was only one thing and that was the fright she once reciev'd when she saw a big snake and stood spelbound when the yung snakes ran down the mother's throat. It was during that period of the year that the child had the "spels."

Another child, a girl of thirteen years of age, was a sexual pervert. The mother's history was that sum irritation during the last six months of her pregnancy causd her to be a nymphomaniac.

Another girl about eighteen years of age, was so afraid of dogs with red, shaggy hair that she would run screaming if one came in sight. I lernd that the mother, when about six months pregnant with this child, was frightend almost into a state of collapse by a dog having red, shaggy hair. No other kind of dog frightend this girl.

I hav seen country-born children who wer abnormally afraid of cattl, and in each instance I lernd that the mother had been frightend by a bull when carrying the child. Often this particular child would be the only one in a large family that was afraid of cattl.

One woman wanted her children to be musicians. She was a country girl and had no special training in music. When she became pregnant, she studid music, taking piano lessons and studying harmony. Her littl girl very erly showd a liking for music and would often sit for hours listening to her mother sing or play. She became a very accomplisht musician.

Another mother tried the same plan to hav a child who loved art. Altho not an artist, she commenst to study drawing and landscape sketching as soon as she was pregnant, and kept at it until the child was born. That child became an accomplisht artist. When she was a very small

child she would draw pictures that did not hav to be labeld.

I believe a mother can mold her child almost as she wishes, provided she knows how and wil aply herself.

One of the most interesting cases that I hav recently seen recorded is that by Dr. W. F. Schrader of Ft. Wayne, Ind. His experiences ar related in the American Journal of Clinical Medicine of Dec. 1919. He said that he became interested in raising canaries, as he loved to see them watch over and rear their broods. I quote in part from his articl:

"In the seven years of my experience with canaries, not all the chicks hatcht wer raisd, but I never found a crip nor a deformd chick among the many scores of nurslings.

"During the last, the eighth season, I mated only five pairs. The canary is not strictly a monogamus bird as is the pigeon, but I never permit promiscuous matings. I hav kept the same birds mated thruout the nesting period of usually from four to six broods.

"The breeding cages remaind in the same location. The environments remaind nearly the same, and the food and care varies only according to conditions.

"By the first week in July of this year, three of the matings had each resulted in two broods, and the hens had their nests redy for a third laying of egs.

"At this time the aviation department was recruited here and one of their flyers made daily flights over the city. Whenever the great hawk-like appearing machine could be seen by the birds, the males would whistl a terrif-ying cry of danger, and almost instantly every bird in the room, old and yung, would be huddled in sum part of their cages, trying to hide, trembling with fear and fright.

"At the end of the week, the three nests held twelv egs, all laid during the time of the aviator's daily flights. Seven of the egs hatcht. The others had not been fertil-ized. *Every chick of the seven was deformd.* Three had

no anal vents and died within a few days. Two had extra pairs of wings with immobil joints. These remaind in extension continuously and brot to mind at once the wing in the usual illustration of 'wingd Mercury.' These extra wings wer attacht at the very apex of the sholders. The legs of the other two wer twisted and held at ful length beneath the bodies like legs of wading birds in flight.

*"The same three pairs of parent birds hav raisd two broods each since and there was not a cripl or deformd chick among them.*

"The fact related in the foregoing, having occurd in the family of ovipara, suplies the nearest possibl evidence favoring the actual operation of maternal impressions that has cum within my observation.

Dr. Schrader in the January, 1921, number of *Clinical Medicine* ads this subsequent report:

Owing to the wide interest arousd by my articl on "Maternal Impressions," I am prompted to submit a report of sum observations made during the breeding season of my canaries this year (1920), which ended several months ago.

A short time before the mating season opend, I abandond part of my plans made for their care, and placed the same pairs of birds in the same cages in the exact locations occupied last year when the fenomena which I reported occurd.

Seeing an airplane in flight over the city had becum quite a common incident by the time nesting began this season, and the birds appeard no longer to hav fear of them, tho, folloing a warning note of the male, absolute silence would succede at times for the period of a ful minit.

I do not often indulge in airplane excursions. However, when the nest bilding which preceded the third clutches of egs was in progress, a period corresponding to that of last year wherein the deformd chicks developt, I

went out on an airplane excursion, and directed my pilot so that we soard near the bilding in which my offis was located, and much lower than in usual flights.

The results of this nesting wer as follos:

Hen No. 1 laid five egs, hatcht three, one chick imperfect.

Hen No. 2 laid three egs, hatcht one, deformd.

Hen No. 3 laid four egs, hatcht two, one imperfect.

The number of egs in these clutches was irregular, and this was a lo percentage of hatch compared with other nestings. Three of the six chicks wer imperfect. The one from nest No. 2 had the *outstretcht wings, joints wer ankylosed, and the legs sprawld to the rear, as had the two chicks mentiond in the preceding report.* The other two had imperforate ani. This latter condition has been observd occasionally in past seasons, but these two wer the only instances of this year in a total of seventy chicks hatcht.

"It may be interesting to mention here that canaries act upon "the-survival-of-the-fittest" theory and put it into practis, for in several instances I hav known parents to kil the weaklings before the end of a week from the hatching date. The deformd chick from nest No. 2 was kild by the parents when ten days old.)

Matings 1 and 2 nested twice folloing and No. 3 once after, having normal hatches and no cripls.

In connection with this effort, which I cannot term a "test," a number of questions arize such as, wer the matings of last season the proper birds for us, or should birds not accustomd to the sight of a plane hav been used? Was it fair to introduce the intentional flight? However, comparing my carefully kept records of this season with that of last and my memory records of other seasons, I seem to find evidence supporting the maternal-impression theory.

## *Measls*

My treatment for measls is the same as for chicken-pox, with the exception that the patient's eyes must be protected by dark glasses for at least three weeks after he is out.

## *Menstruation (Menses or Monthlies).*

Nothing influences a woman's monthly flo more than diet. Sumtimes one who flows very profusely can be cured entirely by cutting down the diet and living on raw food as outlined in this book. Often a person wil skip one or two months when changing from hevy cookt food to the raw food, but they need not worry about that as they wil be a great deal better when they begin flowing again.

The "scanty" flo need not worry anyone as long as it is their habit. Sum sientists think that if a few generations livd entirely on raw food in moderate amounts, the monthly period would not last more than twenty-four hours with any normal woman. They hav made their deductions from the menstrual change that cumns about in women who take up the raw diet.

The word "unwel" should never be used for the natural, monthly flo. It givs a rong suggestion and makes the yung girl think that she is "sick" when in reality she is only having a natural function carrid on. It is no more unnatural in a helthy, normal woman than the movement of the bowels.

Many ask me if they should bathe during the monthly periods. I always anser in the affirmativ. There is no reason why a warm bath should interfere with the monthly flo. I never advize cold baths in any condition, and certainly would not during the menstrual period.

Many girls from the time they begin their monthly flo ar taut that they ar "sick" and should go to bed. This suggestion goes with them and before they realize it, they ar "a-quarter-time" invalid.

A yung girl should start her flo without pain and should be that way all her life, and my experience is that she can be if she livers rightly. Proper exercizing and proper diet wil control the menstrual flo if the woman is anatomically normal. If she is not, she should be made so.

### *Metabolism*

The word, metabolism, is now being used so much in the public pres that many would like to kno what it means. It is from the Greek word *metabola* which means *a change*. Hence in *nutrition*, it means "the change produced in the substance by the action of living cels upon it; the process by which living cels or organisms incorporate the matters obtaind from food into a part of their own bodies."

The term, *basal metabolism*, is also being used a good deal just now. This means "energy metabolism determind from fourteen to eighteen hours after eating and when the individual is at rest but not sleeping."

In short, the term *metabolism*, when used in connection with *nutrition*, really means *nutrition* — the utilization of food by the body and the discard of refuse.

In ths connection we hav *constructiv* metabolism and *destructiv* metabolism — the one meaning the change of matter from a lower to a higher state of organization; the other meaning the conversion of matter into a lower state of organism and ultimately into waste products.

### *Mumps*

This condition can be handld entirely by diet with the addition of hot applications about the throat. The only diet that I recommend in mumps is a hot tea made from Marmite (Vegex) or Herb-ex. If one cannot get them, they can use very thin hot teas made from prunes, raisins, figs, or dates. These "teas" ar very soothing and ar amply sustaining.

Keep the bowels open.

## *Music — Its Effect on Health*

Music is the decoration of thought. The rhythm of music decorates sentiment. Music can be used as a vehicle for transferring impressions to the sick or well.

Music as a therapeutic agent has been used for centuries, and we often read of the sick leaving their beds, being borne as it were upon the rhythmical waves of music.

Often one near death can be roused by strains of music that strike to their inmost soul.

I believe the time will come when music in connection with color will be used widely as a remedy for diseases. Music and color are truly interchangeable and belong to the finer forces of Nature, and as such can enter mental laboratories that no other agency can.

## *Neumonia*

I cannot emphasize enough the diet in pneumonia.

*While there is a fever, give nothing but water or fruit juices.*

Keep the body warm and quiet in bed. Allow plenty of fresh air in the room.

Keep the bowels open by means of baking-soda enemas.

Do not allow the patient to leave the bed until several days after all fever has subsided. If the fever has been at 105° F., or thereabouts, and if it has lasted for several days (which rarely happens if these directions are followed) then keep the patient quiet in bed for at least *three weeks* after all fever has subsided. Do not allow the patient to even rouse up in bed during this time. Being quiet in bed after the fever has subsided is of paramount importance. It is getting up too soon that causes so much trouble.

Iodin therapy is nearly always indicated in cases of pneumonia.

An ointment made as follows and rubbed on the chest two times a day in cases of pneumonia works wonders. The technic is to rub into the skin over the chest all that

can be rubd in in twenty minits. Then wipe the chest dry of the residue, becaus it is irritating to the skin.

Continue these rubs until the lungs hav becum normal.

Guaiacol                    2 drams

Menthol Salicilate    1 dram

Lanolin                    1 ounce

*Sig.* Mix wel and use as directed.

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"Medicin is only palliativ, for back of diseas lies the caus and this caus no drug can reach."—*S. Weir Mitchell, M. D., LL.D.*

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"Whoever advocates the doctrin that to spred any natural or unnatural diseas is conduciv to publid helth, is a' perverter of common sense and an enemy of the human race."

(Vaccination and serumization cum within this doctrin.)

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To gard the mind against the temptation of thinking there ar no good peopl, say to yourself: "Be such as yu would like to see others, and yu wil find those who resembl yu."—*Bosswet.*

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All knoledge is lost which ends in the knoing; for every truth we kno is a candl given us to work by. Gain all the knoledge yu can and then use it for the highest purpose.—*John Ruskin.*

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Success is mesured only by one's ability to THINK.

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If yu ar true to the best there is in yu, the world is on your side.

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## NICOTIN, *The Demon*

Space forbids my going into discussing the effects of nicotin upon the body. The *Seventh Edition* of my *Lecture Course to Physicians* has much to say regarding the effects of nicotin upon the body, and those who wish to get reliabl information on the subject may refer to that volume.

I might say, however, that the time wil cum when the use of cigaretts wil be prohibited just as much as the use of intoxicating liquors is now prohibited. I do not believ the general public kno of the terribl calamity that cigaret smoking is to our land. How a self-respecting man or woman, especially of the educated or professional clas, can deliberately take up cigaret smoking and then continue it, is a mistery to me. I understand that many contract the habit just to "setl the nervs," but like other dopes, it leads to nervs more unsetld after every smoke. I hav charity for those who contract the habit, but for those who wil continue setting the awful exempl to the yung, words ar too inadequate to express condemnation.

The cigaret habit is a terribl indictment against America with all her resources for lerning and enlightenment.

I am informd that far more mony was expended in the U. S. during 1920 for cigaretts than was paid to all teachers in every line of education in the U. S. for the same period. This is a terribl blot and reckoning wil surely hav to be made. The *Opium habit* is nothing in comparison with the cigaret habit.

How any self-respecting publications can publish advertizments of the deth-dealing cigaret, I do not understand. It only shows to what a lo eb *commercialism* has brot not only the publishers but the public.

No one knows more about the baneful effects of cigaretts and other forms of nicotin than the physician, yet I hav seen many physicians who would be considerd normal

in intellect were it not for the fact that they used both cigarettes and tobacco.



## Obesity

Obesity if very pronounst is a dis-eas, and the only natural method for curing it is regulating the diet, using a minimum amount of food for a maximum amount of exercize.

Auxiliary mesures for reducing fat ar illustrated in this book. The powerful, radiant lights, along with traction as shown in Fig. 92, the electric light bath cabinet as

shown in Fig. 80, the wonderful Bergonie ergo-therapeutic apparatus shown in Fig. 108, the pulsoidal or the slo-sinusoidal modality as illustrated in Fig. 109, and the oscillating modality as shown in Fig. 98 ar all auxiliary methods for reducing fat.

No matter what auxiliary mesure is used for reducing fat, the diet must be reduced and regulated

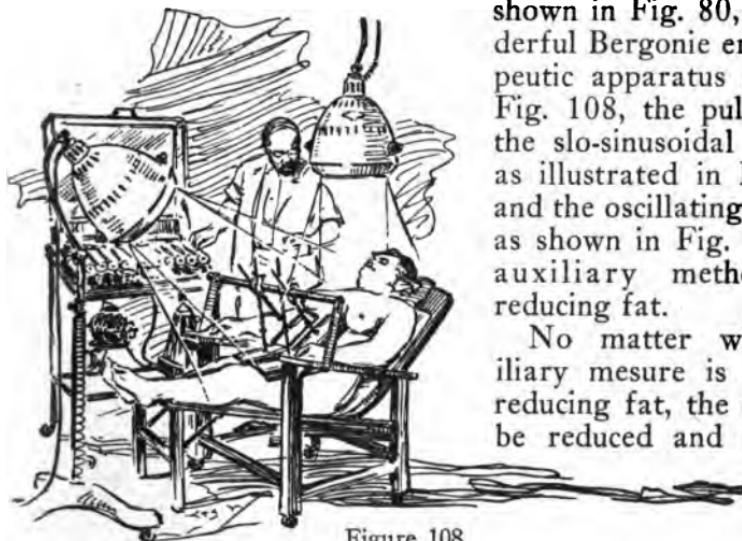


Figure 108

or the fat wil very quickly return when the auxiliary mesures ar omitted.

Deep breathing exercizes ar also of great benefit in reducing adipose tissue.

The exercizes outlined in this book, if persisted in, wil also reduce fat in a remarkabl degree.

No matter what the mesure for reducing fat, one must bear in mind the fact that the utilization of the fat must be greater than the intake or else a reduction of weight wil not take place.

There ar cases where a person becums obese without any apparent caus when on a diet. This is a diseas of

the internal secretions and can often be remedied by ascertaining just what raw foods will rectify the condition. This has to be taken up with each individual patient and requires much painstaking testing to find out just what foods are required to rectify this mysterious condition, which as a rule was first caused by errors in diet.

### *Paralysis*

The best method of treating paralysis, including infantile paralysis, is by the *pulsoidal current*, as illustrated in

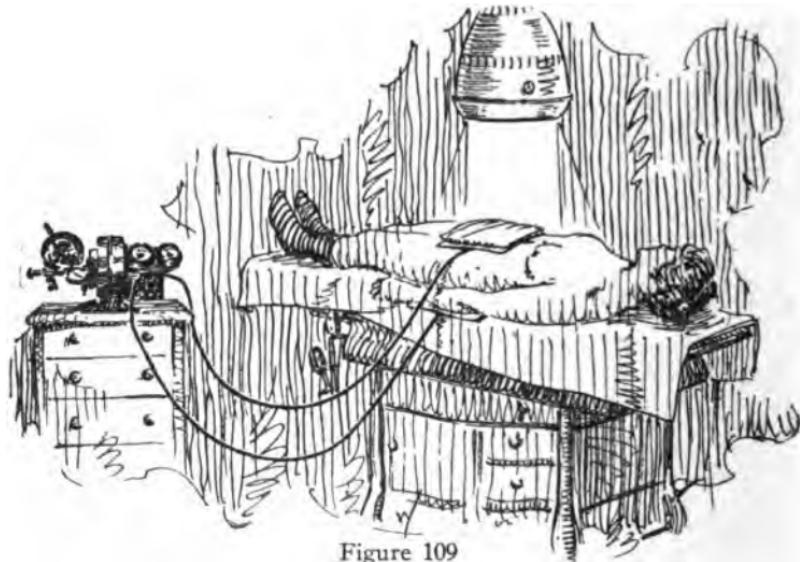


Figure 109

Figs. 100 and 101. This method in conjunction with powerful radiant light and proper diet will, as a rule, correct the majority of cases of infantile paralysis and will greatly help those who are afflicted with any type of paralysis.

### *Parotid Gland.*

Parotiditis, inflammation of the parotid gland (gland just in front of the ear) is often called *mumps* when it is not. A person can have mumps with very little inflammation

of the parotid gland, but in such cases the inflammation usually extends to the testicles or ovaries.

All cases of mumps show an inflammation of the parotid gland, but not all cases of inflammation of the parotid gland are mumps. They are often only a reflex from the generative organs.

The best method of differentiating between mumps and a reflex from the generative organs is to give acid fruit juices. If they cause pain when swallowed, the case can usually be diagnosed as *mumps*.

The best way to treat parotitis is the same as for treating mumps, namely, put the patient on a fast and give nothing but water or *Vegelex* or *Herb-ex*, as mentioned under "*Mumps*."

Powerful radiant light over the side of the face and over the ovaries or testicles, or hot compresses over these regions, are great aids.

#### *"Patent" Medicines*

Many of the "orthodox" medical journals condemn "patent" medicines, but it is a strange thing that a great many "orthodox" physicians prescribe these patent medicines and get most of their information regarding treating their patients from these patent-medicine circulars.

My advice to my patients is to pay no attention to any widely advertised medicine. As a rule, any medicine that is widely advertised to sell for a dollar costs less than sixteen cents. I obtained this information from those who manufacture the patent medicines.

Some of our largest drug and medicine manufacturers make medicines for "orthodox" physicians and at the very same time make the very same article for the big advertisers to sell to the public. In such instances the physician is being humbugged, he is humbugging his patients, and others are being humbugged by the newspapers or magazines that are advertising the product.

Such doings as these ar what ar putting the *nature-cure* physicians and institutions in the limelight.

The institutions that ar teaching the yung would-be physicians that Nature is rong, rather than teaching them where humans ar rong, ar the "orthodox" institutions.

*Natural methods and only natural methods wil stand the tests and wil survive after all other systems hav been forgotten.*

### *Pelvic Diseases*

Diet is the keynote to the treatment of pelvic diseases in both men and women.

Walking on-all-fours is one of the best exercizes there is for this condition.

The nee-chest position for the woman, after letting air into the vagina thru a tube, allows the uterus to fall forward and is of great benefit if taken on retiring. The position should be held for about fifteen minits each nite.

For men with congestion of the prostate or other pelvic organs, the nee-chest position is also of great benefit.

Lying on a couch, the foot of which is elevated twelv inches higher than the hed, wil allow gravity to aid a great deal toward relieving congestion in the pelvic organs.

Fig. 110 shows a tabl tilted in this manner.

The majority of all pelvic diseases ar brot about by being too long at a time in the upright position. In other words, if we walkt on-all-fours more or lay more on the abdomen with the pelvis higher than the hed, a great deal of this congestion could be overcum.



Figure 110

Many pelvic diseases ar started by having the baby lie on the back. (See p. 158.)

I do not believ any man has ever been cured of prostatic diseas as long as his sistem is ful of *nicotin*. Nicotin

poisoning weakens the vessels in the body and is a prime factor in causing congestion in the pelvic organs.

Powerful radiant light over the small of the back and over the genitals is of great value in relieving pelvic conditions. Chiropractic and osteopathic treatments are also of great help in relieving pelvic diseases.

Keep the bowels open.

### *Perspiration*

I am often consulted as to how to prevent perspiration under the arms or on other parts of the body. It is natural for everyone to perspire under the arms and various parts of the body, and to try to prevent it is injurious. If a person perspires too freely, it is a disease. Diet, exercise and hygiene will rectify any cause of over-abundant perspiration (*hyperhidrosis, ephidrosis or sudatoria*).

### *Pneumonia (See Neumonia)*

### *Pruritus (Itching)*

Itching on any part of the body is very annoying and leads to extreme nervousness. It is especially bad when about the genitals or anus.

This condition can be cured by diet and hygiene. As an auxiliary measure for rapidly stopping this aggravating condition, the *actinic rays* from the quartz, mercury-vapor lamps excel all others. One treatment by means of these powerful, chemical rays, will temporarily stop the worst forms of itching about the genitals and anus, but *it will not cure the condition*. The only way of curing the condition is by *diet and hygiene*.

### *Psoriasis (See Soriasis)*

### *Sexual Disorders*

Sexual disorders in both male and female are best treated by diet, exercise and hygiene.

Nearly all sexual diseases are caused by indiscretions either in habits or diet, or both.

Many times sexual disorders ar implanted in the baby and gro until maturity, warping the whole life.

Feeding meat and highly seasond foods, and an over-abundant amount of cane sugar, or white flour, ar sum of the dietetic errors.

Hygien in the way of clenliness and dres is also another very important factor.

Lewd dancing and "racy" dressing ar potent causes for sexual disorders.

Reading novels of a sensual caracter or witnessing "racy movies," is one of the great causativ factors for sexual derangement.

In other words, keeping the mind right and thinking rightly, ar very important factors in *preventing* sexual disorders; and in *curing* them the *mind* must be gotten right or the body wil never be right.

Constipation is also a causativ factor of sexual disorders.

If there ar any anatomical errors about the sexual organs, they should be rectified by one experienst in that line of work. Experience has taut me that a great many of the sexual disorders ar causd by the parents not having certain impediments about the sexual organs rectified when the child was a baby.

By carefully folloing out the rules for diet, hygien and exercizes outlined in this book, the majority of all sexual diseases can be prevented as wel as cured.

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X-ray fads ar putting thousands of "X's" into quack's pouches.

## SIFILIS (*The Great Red Plague*)

Sifilis is the scourge of civilization, and the fact that it is running such awful riot is a blot upon the medical profession as wel as upon all those in political authority. It is a crime against humanity that organized medicin, or political medicin, or state medicin, is advizing physicians to send patients to public laboratories for "Wassermann tests" to see whether they hav sifilis or not.

The Wassermann test is no more reliabl than the tossing up of a penny to see which way it wil fall. All those who hav used the Wassermann test kno this but, becaus of commercialism and wicked propaganda, the public hav been camouflaged to believ that it is reliabl, and the "helth" departments, rather than admit that again they hav made a tremendous error, keep this gigantic deception intact.

Even *The Journal of the American Medical Association*, which is the official journal of what is popularly known as "the great medical trust," in its Jan. 1, 1921, issue prints an articl written by four experienst in Wassermann tecnic, stating that "As regards the patient it has been pointed out repeatedly that the ingestion of even small amounts of alcohol within twenty-four hours of withdrawal of the blood may produce a *false negativ* reaction. *Fever* may occasion a *false positiv*.

"Herz has described this in connection with neumonia, and we hav observd in other febril conditions that during the height of the febril period a *positiv* reaction occurrd while a few days later the same individual in an a-febril state gave a *negativ* reaction.

"There is a group of diseases such as yaws, malarial relapsing fever, yello fever, tubercular leprosy, scarlet fever, Vincent's angina, etc. in which occasionally non-specific *positiv* reactions ar said to occur."

At great length they giv the reasons why the Wassermann test is absolutely unreliabl, it being made positiv or negativ by so many different factors. Even the ingestion of a large amount of sugar in confectionery wil sometimes caus a sifilitic to giv a negativ Wassermann, while the ingestion of other kinds of food, and especially nictotin, wil make the tests unreliabl.

With all these facts before the "helth" departments, physicians ar stil urged to hav Wassermann tests made by the public laboratories, and use their findings to either quiet or frighten their patients.

The Wassermann test in reality is *a propaganda for the spredding of fear*, and the public ought to kno it. I hav publisht many lengthy articls regarding my experience with sifilis and to sho the utter failure of every "orthodox" sistem of diagnosing this diseas.

The treatment of sifilis by mercury or arsenic in the form of "606" or Salversan has in most instances, causd a worse condition than the first. The simptoms wil apparently be hidden very quickly after such treatment, but I hav known of cases, that wer apparently cured, having a severe relapse, and the second condition was worse than the first, ten to twenty years after it was supposed to hav been cured.

The public would be appald and stund if it had the faintest idea of the number of persons kild by the use of Salvarsan. Other names ar being substituted to further deciev the confiding believers in "helth boards."

I believ sifilis *can* be cured, but it can be cured only by natural, dopeless methods. I hav not livd long enuf to kno whether cases treated by the natural methods wil recur becaus, as sum say, we would hav to liv two or three generations to be sure of this, but my experience is that if one follos out a diet as outlined in this book, and follos out hygienic mesures as outlined for tuberculosis, they get over all the simptoms of sifilis and to all intents and purposes ar wel. If it does take a littl

longer to hav the simptoms abate, there is the assurance that one is not being poisond by the dedly drugs mercury and arsenic. I do not believ any good, lasting effects can be had by loading the sistem with one poison to get rid of another poison. *It is entirely unnatural.*

The B-D-C sistem of diagnosis wil diagnose sifilis within twenty-four hours after inoculation, and wil detect it fifty years after it is supposed to hav been cured.

The reports that there is a *preventiv* for sifilis ar false. *There is no preventiv.* It is a blot upon our war record that so many of our men wer led to believ that they could "take chances" and stil not take sifilis. These men ar now filling our institutions as cripls and derelicts from the awful scourge of sifilis.

### *Skin Diseases*

Skin diseases of all descriptions ar best cured by following out the diet as outlined in this book. Powerful, radiant light, along with the *actinic rays*, ar the specific treatment for all manner of skin diseases.

### *Soriasis (Psoriasis)*

Soriasis is a very aggravating skin diseas by many said to be incurabl. However, it can be cured by means of diet, hygien and the *actinic rays* from the quartz, mercury-vapor lamps.

Altho this skin condition can be cured in a few months, yet it wil return if the person goes back to the method of living that brot it on. Therefore the only way to *remain* cured is to adhere to a strict diet, and that outlined in this book I hav found to be the best.

### *Spitting (Expectoration)*

Nature secretes the saliva for a definit purpose, and the habit of spitting is injurius to the helth. Nothing is more disgusting than to see a person spitting all the time. Children should be taut to not do it unless there is sum

abnormal secretion from the head, and then they should not expectorate where it will be offensive to anyone.

The excessive chewing of gum over-develops the salivary glands and produces diseased glands with many. The only cure is to stop excessive chewing.

Tobacco users often get into the habit of continual spitting, which is detrimental to their health and obnoxious to others.

### *Sterility*

Many women want to become mothers but cannot. The majority of cases of sterility are caused by gonorrhea having set up an inflammatory condition in the fallopian tubes. This shuts off the entrance of the ovum into the uterus. Any condition that produces inflammation in the ovaries and tubes is a potent factor in producing sterility.

Another cause of sterility is the acid secretion in the vagina. If the secretion in the vagina gives an acid reaction, it destroys the motile power of the secretion from the male.

A great many cases of sterility can be cured by proper diet and exercise and other natural means.

Walking on-all-fours is a great aid in overcoming sterility.

### *Surgery*

Constructive surgery is of great benefit, but destructive surgery, which has now become so prevalent, is a great blot upon the medical profession.

My advice is to try everything else before attempting to have any condition rectified by a surgical operation. It is better to err toward the safe side than to be hasty in having something cut out that cannot be put back.

Surgery has become so commercialized that the patient must be always on guard when a surgical operation is advised.

However, there are cases where operations are imperative

and it is not sensibl to refuse to hav done what is really necessary.

### **Tonsils**

The pernicious practis of taking out children's tonsils is a crime. In sum places we read of every scool child having their tonsils removed. This pernicious practis should be delt with the same as murder.

Enlarged tonsils ar causd by rong eating and rong breathing. It is very easy to prevent any trubl with the tonsils. If parents understood how to instruct their children to eat and breathe, there would be no such thing as enlarged tonsils or adenoids.

The tonsils ar put at the gateway of the respiratory and alimentary tract as gards, and if they becum inflamed it is becaus they ar overworkt. That is, there is a toxic conditioin in the body, and nearly all of these toxic conditions ar causd by rong living.

The *cure* for inflamed tonsils is proper diet and hygien. If, however, the tonsils hav been abused and hav becum hopelessly diseasd, there is nothing to do but to remove them.

## TUBERCULOSIS (*The Great White Plague*)

I hav said a great deal regarding tuberculosis in sum of my larger works, and wil only briefly tuch upon it here.

The essential in *preventing* tuberculosis is correct living, eating and personal hygien. We all hav tuberc bacilli in our sistem and they ar simply waiting for the resistance of the body to be belo par to begin to propagate.

I do not believ tuberculosis is "catching." If it wer, we would all hav it and the population of the world long ago would hav been extinct.

I do not believ tuberculosis can be given by the animal to the human, nor *vice versa*. I believ they ar entirely different varieties and non-interchangeabl.

Living in closed quarters and bundling the body up—making a hothouse plant of oneself—and eating quantities of sugars and starches and meat ar no dout sum of the causes for tuberculosis.

Inoculation of the body with serums and vaccins I believ is one of the prime factors in the propagation of tuberculosis. It is a noteworthy fact that in any community where vaccination against smallpox or diftheria or tyfoid is used, the most tuberculosis and cancer ar in evidence.

Tuberculin testing of humans or cattl is the caus of about fifty per cent. of new cases among those so tested. *It is a crime worse than war.*

Altho tuberculosis has been the bane of so-cald civilization, yet the orthodox method of treating it today is almost the same as thatritten about by Greek physicians nearly two thousand years ago.

Several hundred different methods of diagnosing and treating tuberculosis hav been followd in the last century, and every one has faild to giv beneficial results. There

is no need of going into the statistics regarding tuberculosis. Instead of its being on the decreases, it is really on the increases, and the fact stands out in bold relief that the so-called regular or standard methods for treating tuberculosis have utterly failed.

The only method that I know about as being reliable for the diagnosis of tuberculosis is the method known as the Bio-Dynamo-Chromatic method. Inasmuch as the finer forces in Nature are utilized in this method of diagnosis, the most incipient stages can be diagnosed twenty-four hours after the tuberculus infection, or as soon as the onslaught of the tubercular bacilli overpowers the resistance of the patient.

Not only can the disease itself be diagnosed, but the *stage* of the disease can be diagnosed or, in other words, the ratio of the patient's strength to the power of the tuberculus infection can be measured.

During the past few years enough cases of tuberculosis have been diagnosed by my Bio-Dynamo-Chromatic method, and enough physicians have used it to prove it to be reliable and practically 100% perfect.

It is well known that the prevailing method of treating tuberculosis is by first feeding, especially with milk and eggs.

Because of the great mortality in the various tuberculosis institutions, all manner of remedies have been added to stay the plague, but in scarcely any has the method of *diet* been changed.

It is well known that the digestive system is nearly always the first to give the signal of the tuberculus infection. Waiting to see whether tubercular bacilli are found in the sputum is like waiting to see what the autopsy will show. Thousands of people die of tuberculosis and the death certificate is made out for almost every complaint other than tuberculosis, because the diagnostician was waiting for the tubercular bacilli to show in the sputum.

To treat tuberculosis by means of vaccines or serums, no matter under what names they are used—tuberculin, anti-tuberculosis vaccine, etc.—is commercial. I believe that honest men are using these methods thru ignorance, but they are criminally negligent just the same if they do not seek the facts in the matter. *Serums or vaccines have done nothing but increase the ravages of tuberculosis.*

Diet and fresh air with proper exercises for breathing play the important rôle in the treatment of tuberculosis.

It is well known that foods as they grow contain salts in natural and biologic combination. As has been previously explained, these naturally combined salts are known as the vitamins. If, however, the food is cooked the vitamins are destroyed; and the secret of feeding in an anemic disease like tuberculosis is to have the natural salts in natural combination. These vital elements that the animal economy needs, especially when suffering with tuberculosis, are destroyed by cooking.

Another fact that I wish to bring out is that raw eggs are very difficult to digest. It is also difficult for a tuberculous person to digest milk. The idea that has been in vogue for centuries is that because the egg is composed of the constituent part of the chicken and because milk is the natural food for the young, the combination of milk and eggs will give the body resistance enough to drive off the tuberculous infection. This I believe is a stupendous error, and the death rate of tuberculous patients fed in this manner is enough to prove that the method of feeding is radically wrong.

I have already stated under Dietetics the effects of cooked foods upon animals. The human animal, however, has been educated to believe that food must be cooked to make it more digestible and "nourishing."

For the diet in tuberculosis, I take away all eggs and milk, all sugar and salt, and give all the raw spinach, watercress, alfalfa or red clover, parsley, dandelion, beet tops, and raw carrots that they can comfortably eat. I find that

recovery is marvelously enhanst by carrying out this simpl dietetic mesure. The very salts that ar absolutely essential in the relief of tuberculosis ar containd in these raw salad herbs and roots.

In fact, I giv the regular raw diet as outlined in this book and ad to it ground nuts as the patient's stomach becums strong enuf to tolerate them. *I hav them eat often but in small amounts.* This is infinitely better than feed-  
ing a large amount at long intervals.

*I believe the diet and stuffing that is popular for tuber-culus patients kil more than the diseas.*

I hav personally treated enuf patients with tuberculosis to feel that I am right in my opinion, and the reports of my pupils coincide with my own clinical experience.

I hav patients expose their body to the sunlight all they can, beginning gradually to do so. If they ar not abl to do this, as an auxiliary mesure, I use powerful radiant light and the actinic rays in combination until the skin is wel tand. (Fig. 86.)

I also hav the patient inhale oxigen vapor, and be-sides that I hav them use balsam breathing tubes and watch the increast capacity of their lungs. I always instruct them to use a *spirometer*.

I do not put a patient with tuberculosis to bed unless they ar so weak they cannot get around. I let them take moderate exercizes in the open air to help them gain a real appetite.

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*Truth wears no mask; bows at no human shrine; seeks neither place nor aplause; she only asks a hearing.*

## TUBERCULIN TESTING OF CATTL

Just now great propaganda is being carrid on by politcal doctors and "helth" boards regarding the control of tuberculosis thru tuberculin testing of cows and breeding cattl. Inasmuch as I hav had over twenty-five years of practical experience in studying the question from all sides and know intimately the *inside facts* behind this damnabl propaganda, I submit the folloing conclusions for my readers' gide:

1. All manner of vaccines and serums ar so unnatural that the sistem of any natural animal wil rebel against them. Many wil rebel with such vehemence that they becum sick in their endevor to fight off their enemy.
2. Just how any serum or vaccin wil react on any human or any animal is always uncertain. It is a shock to the sistem at best, and the shock wil affect sum more than others.
3. Every cow is injured more or les by the injection of tuberculin.
4. A sensitivly organized cow is irreparably damaged by the injection of tuberculin.
5. A wel animal wil react to the tuberculin test as often as a sick animal.
6. Cows fed just enuf to keep them in good condition wil very rarely react to the tuberculin test, but an over-fed cow wil nearly always react to it.
7. A ful-bred cow is more liabl to react to the tuberculin test than a "scrub" cow.
8. A wel animal wil always react to an overdose of the serum.
9. The tester can make any cow react or not to the tuberculin test.
10. The immunity of an animal is lessend by the injection of tuberculin.

11. An animal is twice as liable to contract tuberculosis or any other disease after having been given the tuberculin test.

12. Lowering the resistance in humans or other animals is a primary factor in causing tuberculosis to gain a foothold.

13. All animals, humans included, harbor tubercle bacilli, and they are only waiting for the resistance of their host to be lowered to take advantage of the situation.

14. If tuberculin itself does not cause tuberculosis, it is at least an important factor in causing it.

15. In direct ratio with the tuberculin testing of cows will be the increase of tuberculous cows. The increase of tuberculous cows in many States, bears out this assertion.

16. In many States the loss of cows from tuberculin testing has been so enormous that the farmers are trying to get laws passed to forbid its use.

17. Many cows have been slaughtered after a multiplication of tuberculin tests. In other words, some animals will not react to any serum or vaccine until their resistance has been broken down by the poison injected into them. It is like starving a person before putting him into the ring to fight. It makes him a quick and easy mark.

18. Any veterinary who says that repeated tests of a herd can protect them against disease is a fanatic and should be treated like any other lunatic.

19. If an animal is able to withstand the tuberculin test, it may have tuberculosis in the worst form and still not react. In other words, animals will become immune to the test, but the majority of them will sooner or later die from the effects of the test.

20. An animal is not "sensitized" to the tubercle bacilli or any of its products, if it is tuberculous. I have seen all these "sensitizing systems" work out, and they have all proved a failure. The biologic factor has to always be taken into consideration. What will work with one will not necessarily work with another.

21. Heald tuberculus lesions can be found in nearly every human or other animal at autopsy.

22. Tuberculin injected into an animal evidently breaks down the tuberculus-lesion barriers and allows a new infection to take place.

23. It has never been proved that tuberculosis is transmissibl from humans to animals nor from animals to humans. Personally I think it is not intercommunicabl.

24. Tuberculosis has never been proved to be contagious nor infectious. If it wer, all life would hav been extinct ages ago.

25. Many tests hav been made by having helthy persons eat food loaded with live tuberc bacilli, but there has never been an authentically recorded instance of the persons having tuberculosis from so doing.

26. Nature protects her creatures from taking diseas from eating germ-laden food, but if the resistance of the animal is lowerd and an opening (as by a needl) is made for infectious material to enter the blood stream, then any diseas is liabl to follo.

27. Rudolph Virchow, the German scientist, who first proclaimd the germ theory, told one of his pupils, and that pupil told me, that if he could liv his life over again, he would devote it to proving that his "germ theory" was rong and that the germ sought its natural habitat—diseasd tissue—rather than causing the tissue to becum diseasd. He likend this to the mosquitos seeking the stagnant water, rather than causing the water to becum stagnant.

28. Tuberculin injected into an animal is a very potent factor in causing the animal to becum the natural habitat for tuberc bacilli.

29. The proof of tuberculosis being present or absent is not made by finding or not finding tuberculus lesions at the autopsy.

30. The veterinary is always redy to say that the animal must hav had tuberculosis or it would not hav

reacted, or "I told yu so" if the findings sho a tuberculus lesion.

31. *The tuberculin test wil not help eradicate tuberculosis from cattl.* The way to prevent any animal from having tuberculosis, or any other diseas, is to keep them in a helthy condition and not overfeed them. Overfeeding in humans or animals makes them susceptibl to any diseas.

32. If the State reimburses the owner for his tuberculus cows, many undesirabl cows ar sold to the State as being tuberculus and ar then sold again to the consumers of meat. This takes place whether the cows ar sick or wel, provided they do not pay as milkers.

33. Commercialism and superstition ar back of the propagation of the tuberculin test.

34. It is the literature gotten out by the manufacturers of vaccins and serums of any kind that is used as the basis of argument by those who wish to use them.

35. Those who ar financially interested in the manufacture of tuberculin keep tuberculin testing going, as wel as those who deal in cattl and those who think they ar going to get more mony for their milk if the cows ar tuberculin tested. The advance price for milk produced by tuberculin-tested cows wil drop in direct ratio with the number of cows tested. So if all the cows in any State wer tuberculin tested, the price of the milk from those cows would drop to a lo level in a very short time. On top of this is the tremendous los in the herd.

36. I believ the actual milk-producing period of a cow is shortend at least 50% by having the cow tuberculin tested.

37. Tuberculin testing of cows opens a very rich avenue for graft, and I hav proof that in sum cities this graft is carrid on in an enormous scale.

38. Take all the profit out of the manufacture of vaccins and serums, and their use would soon be condemd by all those who ar now using them.

39. Sanitation and hygien ar the only preventivs of any diseas, and the sooner the peopl wake up to this fact and kick out the "sientific" fanatic, the better it wil be for them, their families and their livestock.

40. California with its incomparabl climate, of all States, is the one that should first *prohibit* the use of the tuberculin test.



## *Urin*

It is wel to hav the urin examind by a competent physician once or twice a year, so if albumin or sugar is in evidence the patient can be warnd, but this need not be thot of if one would eat and liv properly.

Many persons becum neurotics by continually watching the urin, seeing it one color one day and another color another day, or cloudy one day and clear another. My advice to such peopl is to forget about the urin, liv rightly and think rightly, and the urin wil be right.

*Worry as wel as rong diet wil produce turbid urin.*

## *Urin — Retention of*

*Retention of urin* often takes place in inflammation of the urinary bladder.—*cystitis*. It is causd either by stoppage of the urethra or by a sagging or dilation of the bladder so as to weaken the expulsion musls. Gener-ally with a dilation of the bladder one has inflammation of the *neck of the bladder*, causd as a rule by urin being constantly retainid about its outlet.

Cutting down the liquids in the diet is the first requisit, then eat food as outlined in this book.

To empty the bladder, one should get on-all-fours. That relaxes the musls about the bladder and at the same time tips the bladder forward so that it wil empty. This is entirely fisical, becaus water wil not run up hil, and to empty any vessel it has to be tipt so water wil naturally run downward.

Urinating on-all-fours just before going to bed wil often keep a person from having to get up in the nite to urinate. *On-all-fours is the Natural Way.*

The more liquids a person takes into their sistem, the more the bladder is put into use. Therefore *no liquids* should be taken in the afternoon when one has retention of urin, or an inflammatory condition in the bladder.

*Bed-wetting (Enuresis)* is almost always found in infants and children but often adults ar afflicted with this

weakness about the bladder walls. This condition is handld just the same as *retention of urin*.

The *mental attitude* has much to do with this trubl. Sleeping on the back is contra-indicated with any trubl of the bladder and especially in cases of urin retention, or enuresis.

The *diet* has a great deal to do with enuresis. Any indigestibl food eaten in the afternoon aggravates the condition. The bladder should be thoroly emptied by getting on-all-fours just before going to bed, and the patient should hav a spool or piece of wood fastend to the back on a band so they cannot lie on the back (See Fig. 45.).

The patient should not eat nor drink anything within three hours of retiring. If the child, or adult, wakes up in the nite, instruct them to get up immediately and empty the bladder. In a short time they wil get control of the bladder musls.

### *Weight*

It is alright for a person to weigh themselfs occasionally, but to be continually watching the scales to see whether a pound is gaind or lost is bad practis. It is another of the many causes for neurasthenia. If one feels wel and livils correctly, they should not worry about the weight. If one is over-fat, they certainly should not eat. Overweight is a sign that one is living rongly.

Sum peopl ar naturally stout and sum ar naturally thin, and it seems as tho eating littl or much would hav no effect upon them. Others, however, change their weight several pounds a week and then worry about it all the time.

*Liv rightly, think rightly and forget about your weight.* Watching the weight is almost as bad as watching a clinical thermometer to see if one has a fever. If yu watch long enuf yu ar sure to hav sumthing to watch out for.

## *Whooping Cough (Pertussis)*

There is probably no disease of childhood that is so amenable to cure by means of diet as whooping cough, yet whooping cough is responsible for more deaths among children than anyone realizes.

Charles E. Page, M. D., of Boston, Mass., very aptly says, "There is no disease in which therapeutic fasting acts so promptly and curatively as whooping cough, while continued feeding keeps up the inflammation of the stomach and causes so much distress and so many deaths.

"Whooping cough is a stomach cough from the start and if we give that organ time for rest and healing, the patients having small portions of fresh water occasionally, the trouble is soon over.

"Never in thirty odd years of very busy practice have I had a case in which the cough has kept up longer than from three to five days.

"Feeding a person who has whooping cough operates like banging the fist against the strong wall for barking the nuckles."

If any remedy is given for whooping cough, small doses of *sirup of thyme* without doubt is the best, altho if one will persist in the therapeutic fasting, or a teaspoonful of orange juice mixed with water if the child appears thirsty, it is unnecessary to give any remedy.

Powerful radiant light over the stomach region also acts wonderfully in relieving the spasm of whooping cough.

Chiropractic adjustment, rightly applied, also has marked benefit in overcoming the spasms connected with whooping cough.

## *Worms*

No doubt more people have worms than we have any idea of, but they can be readily gotten rid of if one knows they have them. The patient should go on a water fast for three days, then eat about a pint of soaked pumpkin seeds with the water they are soaked in. There is not much danger

of taking too much of these if the seeds ar soakt at least twenty-four hours before they ar taken. It is difficult to tel just how many pumpkin seeds to use for a pint of water becaus they differ so in size and dryness. Sum peopl take the skins off before eating them but this is not necessary. Sum wil take two pints of the pumpkin seeds during a day. Follo within a few hours with three or four tablspoonfuls of castor oil. This wil usually take out all kinds of worms, including the tape worm, from the stomach and intestins.

Many use santonin and podofyllin but I believ pumpkin seeds ar more efficient and certainly ar more safe.

*Wonder-Treatment Rolls* ar rolls 12" in diameter and 24" long, made of canvas or lether and fild with cotton, excelsior, hair or other material. They ar used to lie on as illustrated in Fig. 112. The patient can "dip" his abdomen down, or he can be "chiropractically adjusted" by another person.

The *Rolls* can be used in regular gimnastic exercizes daily to remedy *bowel* or *stomac trubls* and *strengthen the back*.



Figure 112



## VACCINATION

I believe all my readers know how deeply I feel regarding the superstitious idea of vaccination. To my mind vaccination belongs to the same fanaticism as the burning of "witches," and it is with gratification that I see the growing sentiment against this horribl practis.

I believe the time is not far distant when laws wil be past that wil make it a crime to put putrid, diseasd material into the blood stream of the human being, especially if that person be a minor.

I know many physicians who, becaus of the way they ar taut, hav not lookt into this subject, but hav taken it for granted that what they ar taut must be true. Therefore I try to hav charity even for murderers.

The *Seventh Edition* of my *Lecture Course to Physicians* contains one of the strongest arguments, based on actual statistics and indisputabl evidence, that has ever been publisht against vaccination.

Mr. Charles M. Higgins of Brooklyn, N. Y., has collected substantial facts and has gotten out a book entitld, "*The Horrors of Vaccination*." If anyone is the least inclined to believe in vaccination and is not posted regarding the horrors connected with it, as wel as the commercial and political status it occupies, they should procure and read Mr. Higgins' book. No one is so blind as he who wil not see when he has had an opportunity to see.

*Mr. Higgins sums up as follos:*

"To sum up briefly, I think it may now be seen that several cardinal points against the evils of compulsory vaccination hav been proved by impregnabl legal, medical and historical facts and out of the mouth of high authorities on vaccination. These cardinal points may be stated in seven numbers as follos:

*"First: The illegality and unconstitutionality of all compulsory vaccination and its gross violation of Medical Freedom and Bodily Sanctity, which ar unalienabl American rights equal with Religious Freedom.*

*"Second: The medical barbarism and malpractis of all compulsory diseas as being opposed to all true standards of medical ethics and logic.*

*"Third: The poor protectiv power of vaccination, which givs no immunity from smallpox except for short periods of a few months or a year and requires frequent repetition, which is obviusly ineffectiv as a protection and dangerus as a remedy.*

*"Fourth: That sanitation, isolation and hygien hav been and ar the chief means of preventing and suppressing smallpox epidemics independent of vaccination.*

*"Fifth: That vaccination is very dangerus to helth and life, causes epidemics in animals and mankind, and is oftentimes more fatal than smallpox, *and now causes more deths than smallpox.**

*"Sixth: That vaccinating doctors and helth officials most shamefully deny and conceal injuries and deths from vaccination, and falsify our vital statistics accordingly.*

*"Seventh: That the practis of inflicting on the human body a compulsory medical diseas, which is dangerus to helth and life and causes many deths every year, is obviusly *illegal and a medical crime* on the peopl which must be suprest.*

### *"Conclusion.*

*"As soon, therefore, as this crushing fact of the great danger of vaccination to human helth and life enters the mind and conscience of the mas of the peopl, and is fully graspt by the legislativ, the judicial and the executiv minds of the cuntry — from whom it has been so long conceald by medical falsehood in high places — this enlightenment wil, I firmly believ, result in the permanent abolishment of all compulsory vaccination, if not in the*

penal prohibition of general vaccination, as being now more dangerous than natural smallpox; and to that great fact and to this final and profetic thot, I ask your careful attention in closing this exposure of vaccination horrors and medical mendacities."

*C. Killick Millard, M. D., Medical Officer of Leicester, Eng.*, says during the last decade the deths from vaccinia (cowpox vaccination) hav several times outnumbered those from smallpox, while if we hav record of the amount of sickness causd by the two diseases, it looks as if vaccinia had becum, as far as the community is concernd, the more serius diseas of the two.

The reports of the Registrar General of England sho that the deths from vaccination hav outnumbered those from smallpox ever since the year 1906.

We must remember that vaccination originated in Germany where force and compulsion hav been made a fine art. Why ar so many Germans pitted from smallpox? Is it not time that physicians lookt into the truth and ar not led around by the nose by fanatical "sientists," who thru superstition or commercialism, keep the vaccination mith in our scool books?

I for one want to *kno* the Truth and am seeking after Truth.

Japan is the most vaccinated cuntry in the world and Germany ranks second. The history of smallpox in Japan furnishes us proof extraordinary of the worthlessness of this murdererus sistem.

Japan, like Germany, rules her peopl with an iron hand and they submit even if they die for it.

The *London Lancet* of 1916, p. 144, quotes from a former Director General of the Medical Department of the Japanese Navy as follos:

"There ar no anti-vaccinationists in Japan. Every child is vaccinated before it is six months old, re-vaccinated when entering scool at six years, again re-vaccinated at fourteen years of age when going to the

middle school, and the men are re-vaccinated before entering the army, while their re-vaccination is enforced if an outbreak of smallpox occurs. This law was in effect from the year 1885, altho compulsory vaccination has been in vogue in Japan since 1876."

*John Pitcairn*, member of the Pennsylvania Vaccination Commission, in his report published in "*Both Sides of the Vaccination Question*," says in referring to the Japanese Vaccination regulation, "What has been the result? Official statistics show that Japan is the most vaccinated country in the world, and, if vaccination had any virtue in it Japan should be absolutely free from smallpox, but here are the official statistics supplied by the *Director of the Sanitary Bureau of the Department of Home Affairs* as quoted in "*Both Sides of the Vaccination Question*."

Japan has the highest mortality in smallpox of any so-called civilized country in the world. For the 20 years ending 1908, she had 171,500 cases of smallpox, which is an average of over 8,500 cases a year, with 48,000 deaths, which is a 28% mortality record.

In Great Britain, before the curse of vaccination was "discoverd" by Jenner, the death rate was about 17%. Japan with all her "safeguards" against smallpox has a death rate 64% higher than the death rate of Great Britain before vaccination was forced upon the people.

It does seem as though the public would raise up in arms and throw into jail every official who tries to demand vaccination.

Another noteworthy fact regarding vaccination is that as vaccination increases so do all other diseases increase. I can cite Japan again on this score. In 1908 there were in Japan, exclusive of Formosa, 17,790 cases of diphtheria with 4,971 deaths — the very high death rate of 27.9%. Scarlet fever shows a marked increase with a very high death rate. Tuberculosis has greatly increased since 1885 among all classes of the Japanese population, as quoted

from "*Is Vaccination a Disastrous Delusion?*" by *Ernest McCormick*.

On the other hand there has been a coincident improvement in the general helth of the town of Leicester, England, with the abandonment of vaccination. In 1873 when vaccination was at its height (95%) the general deth was the highest — 27 per 1,000 or 5 to 1,000 worse than the average for England and Wales. Since that time — when smallpox kild 960 of her vaccinated citizens, and with them the local faith in vaccination, — the deth rate has been on the decline. In 1889 when vaccination had sunk to 5%, the deth rate had fallen to 17.5; in 1902-6 it averaged 14.18, and since then has fallen to les than 12 to 1,000 one of the lowest in the kingdom in spite of every disadvantage of occupation, soil and situation.

Sum of the highest authorities who wer not influenst by commercialism, and who hav made the subject of vaccination a religious study, held that vaccination insted of preventing smallpox is a direct *caus* of smallpox. In these latter days with the virus of confessedly variolus origin, it is difficult to see how that conclusion can be avoided. Bovinized-smallpox inoculation upon the human must stil be smallpox if there is such a thing as specific diseas. When but a singl pustule forms, the amount of contagion may be slight, but when, as often happens, there ar many pustules, perhaps a general eruption, the effluvia, germs, or what yu wil, which convey the diseas, ar increasest in volume. Hence the degree of contagiousness is correspondingly increasest.

Due to this fact, it is doutless true that an unvaccinated member of a family closely domiciled with one in whom vaccin is working, possibly sleeping in the same bed with such a one, occasionally contracts the diseas from such contact. In cases of this kind the facts ar misinterpreted or misrepresented by vaccinationists who immediately deride the unvaccinated one for his failure

to get "protection." The *unvaccinated* one, however, wil recover sooner and more completely than his vaccinated brother.

If persons wil submit to vaccination, they should be isolated during the period of "taking" the so-cald vaccinia as completely as tho they had smallpox contracted in the natural way.

These considerations render plausibl the assertion by Prof. Ruata and other keen observers, that *smallpox cannot disappear so long as it is sistematically propagated and spred by vaccination.*

"Compulsory Education is the distribution of the national stock of acquired knoledge."

"Compulsory Vaccination is the distribution of the national stock of acquired diseas."

"Compulsory Vaccination ranks with slavery and religious persecution as one of the most mischievus outrages ever inflicted on the human race."

"Consumption and Cancer follo vaccination as effect follos caus."

"The most predisposing condition for cancerus development is infused into the blood by vaccination and revaccination."

"Vaccin pus is a POISON — the purer, the more certain and fatal."

"The experienst physician who says he has never seen any il effects from vaccination is either blind or a liar."

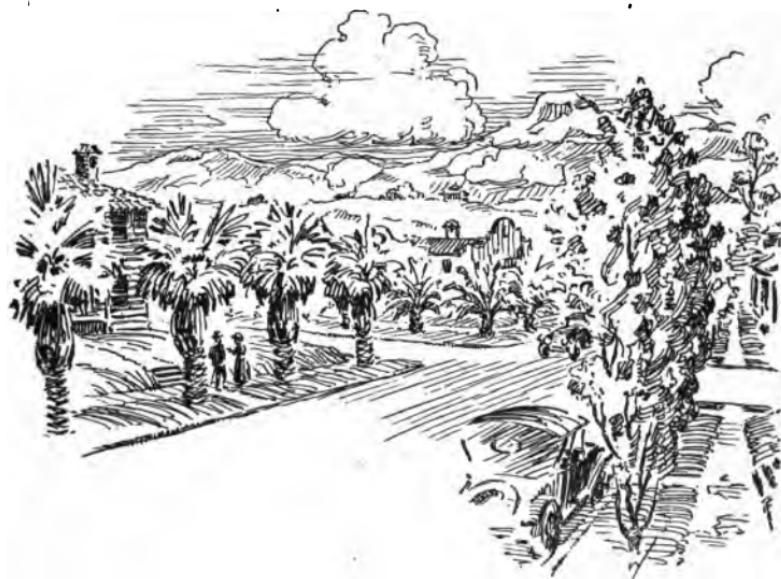
"What does it profit yu, if by your efforts yu hav gaind perfect helth, and your government vaccinates yu, and yu ar renderd a cripl."

*Dr. Adolf Vogt* says: "After collecting the particulars of 400,000 cases of smallpox, I am obliged to confess my belief in vaccination is absolutely destroyd."

*Dr. W. Hitchman* says: "I kno of hundreds of children having been kild by vaccination."

There ar thousands of physicians who ar honest and conscientious enuf to not be coaxt, bribed or frightened

into polluting the blood of a child, or anyone else, with the filthy, diseas-carrying poison known as cowpox virus that is put out by the boards of "helth" for vaccination.



## VACCINATION AND THE LAW\*

A ruling has been past by the *Supreme Court, North Dakota*, that children cannot be excluded from scools on the ground of not being vaccinated. *Justice Robinson* concord with the *Court* and his separate opinion containd these words:

"It (smallpox or vaccination) prevails and becums epidemic only in cuntries where the population is dense and the sanitary conditions ar bad. It was in such cuntries, and in days when sanitation was unknown, that the doctrin of vaccination was promulgated and adopted as a religious creed.

"Gradually it spred to other cuntries where conditions ar so different that vaccination is justly regarded as a menace and a curse. *And where, as it appears, the primary purpose of vaccination is to giv a living to the vaccinators.*

"Hence, were vaccination to becum general, it would be certain to caus the sickness or deth of a thousand children where one child now sickens and dies from smallpox.

"Of course, a different story is told by the clas that reaps the golden harvest from vaccination and the diseases causd by it. Yet, becaus of their self-interest, their doctrin must be recievud with the greatest care and scrutiny. Every person of common sense and observation must kno that it is not the welfare of the children that causes the vaccinators to preach their doctrins and to incur the expense of lobbying for vaccination statutes.

England, with its dense population and insanitary conditions, was the first cuntry to adopt compulsory

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\*From *The Open Door*, April, 1921 issue. *The Open Door* is a National Anti-Vivisection and Animal Magazine publisht at 456 Fourth Avenue, New York City. Every lover of animals should kno and read this fearless and honest magazine.

vaccination, *but there it has been denounst and abandond.* In the City of *Leicester* vaccination has long since been tabooed, and there, becaus of special regard for clenliness and good sanitation, the peopl fear no smallpox.

"In the book of Dr. Peebles on vaccination, there ar statistics to the effect that 25,000 children ar annually slauterd by diseases inoculated into the sistem by compul-  
sory vaccination.

"It is shown beyond dout that vaccination is not infrequently the caus of deth, sifilis, cancer, consumption, eczema, leprosy and other diseases. It is shown that if vaccination has any tendency to prevent an attack of smallpox, *the remedy is worse than the diseas.*

"Finally, the proper safegard is by *sanitation*. The chances ar that within a generation vaccination wil cease to exist. It wil go the way of inoculation, bleeding, purg-  
ing and salivation. *The vaccinators must lern to liv with-  
out sowing the seeds of deth and diseas.*"

---

*Radium* "bugs" ar being rapidly cultivated. *Radium*-"bug" instit-  
utions ar springing up in all larger cities. *Radium* propaganda is rampant—and after all is said and done, radium has never cured anything that very simpl and inexpensiv methods could not hav done better. Another "*commercialism ladder*" for "*orthodox*" doctors to fall from.



## VIVISECTION\*

"Vivisection is only possibl becaus the world — so merciful and so careless — cannot endure to lern what vivisection means."

"Vivisection is blood lust screend behind the sacred name of sience."

There is as great an abiss between the true physician and the vivisectionist as there is between heven and hel.

"There wil cum a time when the world wil look back to modern vivisection in the name of sience as it now does to the burning of witches at the stake in the name of religion."

Nothing of any true merit has ever been gaind from vivisection.

---

\**The Vivisection Investigation League*, 105 E. 22d St., New York City, hav publisht a book of 133 pages entitld, "*Vaccines and Serums*" from the standpoint of many physicians. Everyone who is interested in knoing what the greatest medical journals and most noted investigators hav to say regarding vaccins and serums, should procure a copy of that book.

*The American Medical Liberty League*, 64 E. Van Buren St., Chicago, Ill., hav publisht a littl pamphlet entitld, "*Know the Facts About Vaccination*." It contains a compilation of official statistics and expert testimony for the use of students, debaters, legislators, judges and others. The price of that booklet is ten cents.

Vivisection has made perverts of countless numbers of those who hav gon into the study of medicin with a humane hart.

*To say that vivisection can be carrid on in a humane manner is a lie.* In the first place those who do it becum so callust that they do not kno humane acts from brutal ones.

Vivisection would never exist except for the perverts who ar parasites sucking at the purse strings of those who wil furnish them mony to gratify their fetish.

Wer it not for vivisection, we would not hav today. the outrageus curse of vaccines and serums thrust upon us.

I hope my readers wil realize that when any university or educational institution stands up for the torturing of animals, such institutions ar being controld by commercialism to such an extent that they ar not decent places for yung peopl to attend. No person can torture dum creatures without losing sympathy for humans — losing the best there is in them.

The fruits of vivisection ar only degradation and delusion.

Sum make the remark that it is better to sacrifice the life of a dog than to sacrifice the life of a child. No one's life has ever been saved by vivisection, but on the contrary vivisection has now been carrid into the hospitals and other public institutions and the children and helpless ar victims.

No diseases hav declined becaus of the use of material gaind by vivisection, but such diseases as croup, measles, scarlet fever, diarrhea, etc., hav stedily declined. Had the perverted animal torturers concocted sum brew as an "antitoxin" for these diseases, no dout they would hav been on the increas.

In my book entitld, "*Think*," I go into the subject of vivisection quite extensivly and giv a long list of famus men who hav fought and ar fighting against this awful blot on civilization — *vivisection*.

Flee from a vivisectionist as yu would from the worst  
of insane murderers. One is no more safe than the other  
— the latter is the better of the two.





### THE CADUCEUS

Many do not understand just how this simbol originated. The caduceus was the staf of offis of Mercury — giver of life to the ded, helth to the sick, strength to the weak. The legend of the herald's staf is as follos:

"Mercury was the messenger of Jove and it was his duty to conduct disembodied spirits to the other world and also to resurrect the ded. He had invented the lyre, constructing it from a tortoise shel. This he exchanged with Apollo for the latter's magic wand, which was simply an oliv branch with two fillets of ribbon.

"When Mercury was traveling in Arcadia, he encountered two serpents engaged in dedly combat. He separated them with his wand, and so the oliv branch became the symbol of peace. The two fillets wer replaced by the twined serpents, and the wings wer added as the sign of Mercury, the messenger of the gods. Thus, the caduceus represents *peace* and *immortality*."

From "THE TRAIL FROM WHENCE TO WHITHER"

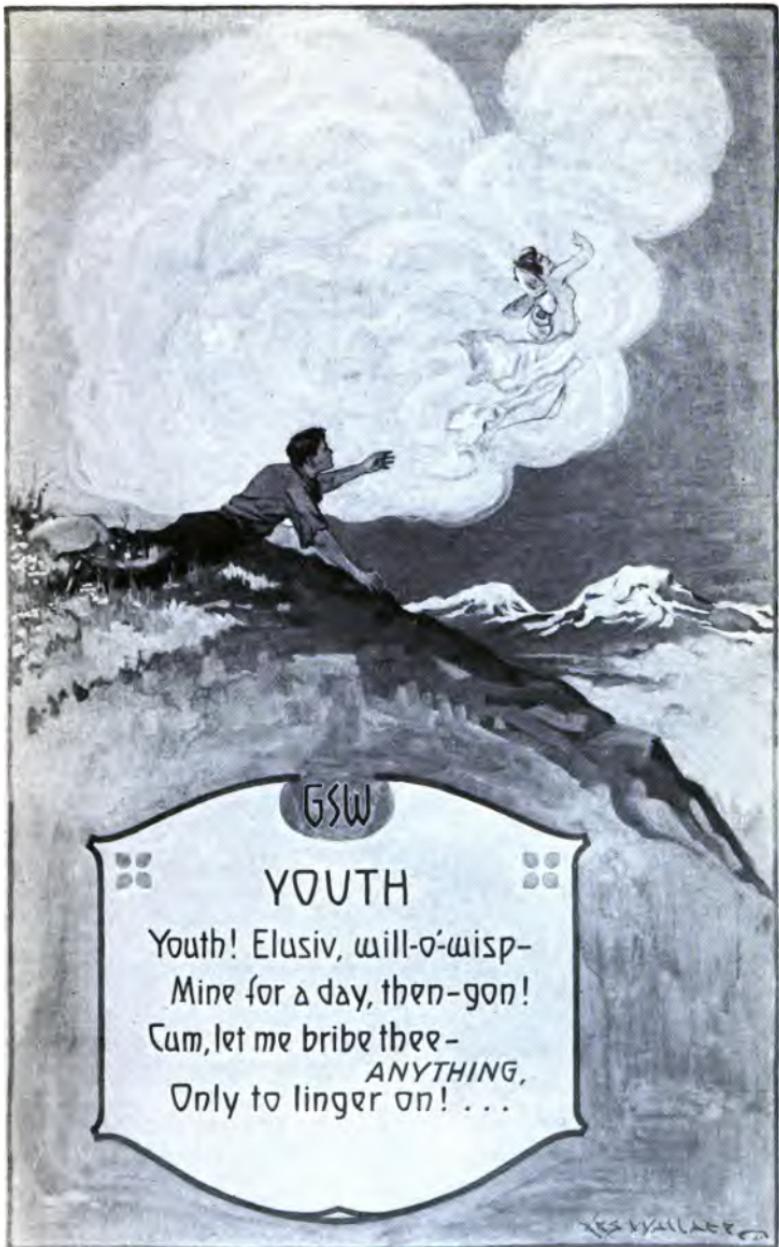
..... and thus, with Youth as his companion, he cumbs to the very summit of the Trail o' life—breathing the dizzy fragrance of the flowers, dazzld by the golden Summer Sun.

Panting, half intoxicated with the swety lust o' living, recklessly he plunges on, til—with that unlookt for, first downward swing of the Trail—lo! he falls hedlong amongst the stones—where but a moment gon wer flowers!—about his feet.

Dazed from the shock, he painfully opens bewilderd eyes and surveys the stark descending Trail ahed. Chil winds strike ful into his face, the jagged rocks—seemingly—lurk and threten, whilst afar from vague, grim depths of the Mist - Veild Vally loom implacably the hoary Peaks of Age . . . .

He shudders and, averting his eyes, seeks clinging comfort of his companion, only to find himself—alone; for Youth—"Elusiv, will-o'-wisp-like"—has slipt away—out and back into the shimmering Clouds o' Yesterday.

Disillusiond, soul-hungry, panic-stricken at his suddenly realized—ALONE-NESS, wildly he implores Youth to return—"Cum, let me bribe thee—ANYTHING, only to linger on!"

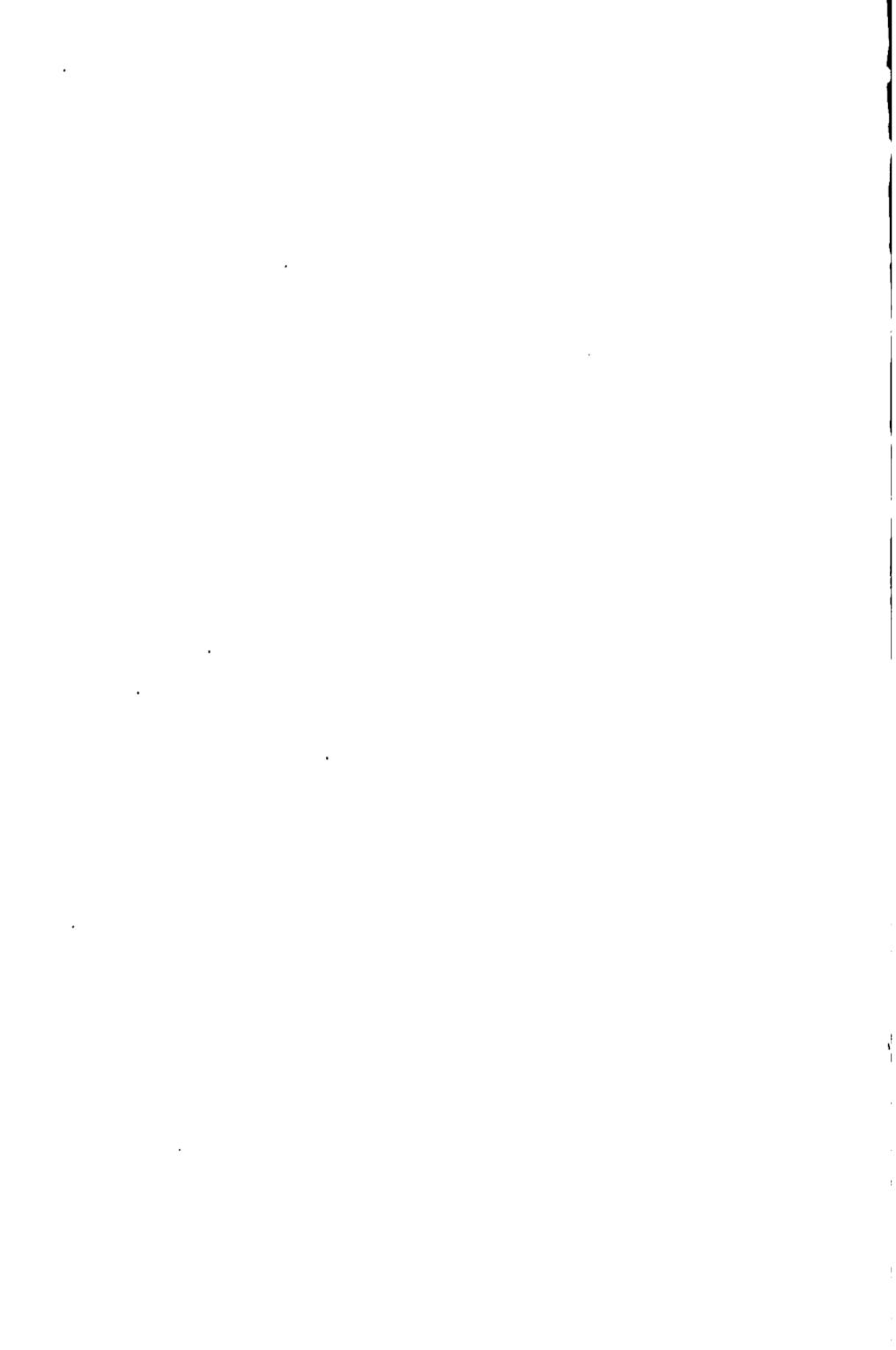


GSW

## YOUTH

Youth! Elusiv, will-o'-wisp-  
Mine for a day, then-gone!  
C'm, let me bribe thee-  
ANYTHING,  
Only to linger on! ...

K. S. WALLACE





Yours for Youth & Happiness  
Geo. Starr White, M.D.

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## **ERRATA**

On p. 11 the address of the Simplified Spelling Board should be  
4 Emerson Hall, Harvard University, Cambridge, Mass.

Page 52, twentieth line from top, restrict should read constrict.

Page 74, foot note, Carcué should read Carqué.

Page 138, last line, McManus should read McManis and in third line from top of page 139 same correction should be made.

Page 186, fifteenth line from bottom dilating should follo the word necessary so as to read—and if necessary dilating the opening.

Don't forget that Pep-ism is a new word denoting the condition of Pep-possession.

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